



# What self-care means

Self-care at its most basic means taking time to do activities that improve your physical, mental, emotional, and spiritual health.

The goal of self-care is to invest in your well-being. While this can feel self-indulgent, good self-care habits help you enjoy life and care better for those around you. It's a win-win for everyone.



## HOW SELF-CARE EVOLVED

The idea of self-care is not new. Throughout human history, people have always spent time caring for their physical needs. Finding food and shelter and preventing illness are fundamental forms of self-care.

However, more recently, self-care has expanded to include more than just physical health. The pressures of modern society and our expanding scientific understanding of how humans work demonstrate the need for self-care that provides for every aspect of being.

Investing time in your physical, mental, emotional, and spiritual health is true self-care.



## PHYSICAL SELF-CARE

Physical self-care includes habits that keep you healthy and strong throughout your whole life. These include:

- Eat healthy, regular meals.
- Stay hydrated by drinking lots of water.
- Get at least 30 minutes of movement each day.
- Make 7-9 hours of sleep a priority.
- Get regular physicals and health screenings.

## MENTAL SELF-CARE

Mental self-care means caring for your mental health by managing stress and improving resiliency. Examples are:

- Engage in relaxing activities.
- Listen to calming music or sounds.
- Take mental health/vacation days to unplug from work.
- Schedule time for yourself to do something you enjoy.
- Seek professional help to manage chronic stress.

# EMOTIONAL SELF-CARE

Emotional self-care goes hand-in-hand with mental self-care but is focused on acknowledging and expressing how you feel. It can include:

- Acknowledge and express your feelings in healthy ways.
- Connect with supportive friends and family.
- Take a break from the news or social media.
- Keep a gratitude journal.
- Do a creative activity.

# SPIRITUAL SELF-CARE

Spiritual self-care means recognizing you are not the center of the universe and investing in connection with the world around you:

- Spend time in nature.
- Connect with a faith community.
- Pray or meditate.
- Volunteer for a cause you care about.
- Read inspirational literature.