

Setting Up for Self-Care

Be in tune with what you need to take care of you.

Self-care can take many forms and can change over time, sometimes daily. It's about supporting and nourishing your physical, emotional, mental and spiritual health and well-being.

- Your self-care activities should leave you feeling gratified and satisfied.
- Take a walk or hike. Work in your garden.
- Meditate, listen to or make your own music.
- Eat a healthy meal and drink plenty of water.
- Spend time with friends, read for pleasure or write in your journal.
- Make sleep a priority and make time for health care appointments.

