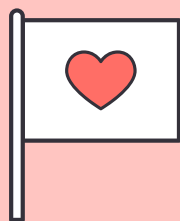


SELF-CARE



What is self-care?

Self-care is any activity you do deliberately in order to take care of and nurture your mental, emotional, and physical wellbeing. Although this sounds like a simple concept, it's something we very often overlook!



Why is self-care important?

Good self-care is crucial to improving mood, reducing anxiety, and establishing and maintaining happy healthy relationships with ourselves and others. As the saying goes, you can't pour from an empty cup.



How can I implement self-care?

The best way to start engaging in self-care is to begin with the basics.

Prioritizing your sleep, eating regularly and nutritiously, establishing work-life boundaries, and scheduling time to spend outdoors.



I've got the basics down. Now what?

If you're looking to elevate your self-care, some great ways to take it beyond just the basics are practicing regular meditation, keeping a journal, "dating yourself," creating a routine to keep your life more organized, and exercising regularly.



What are the benefits?

Research shows that self-care improves immunity, increases positive thinking, makes us less susceptible to stress, depression, and anxiety, leads to feelings of calmness and relaxation, and can contribute to long-term feelings of general wellbeing.

Sources

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