

SELF-CARE



What is it?

Self-care is when you take the time to do activities for yourself that help you live well and improve your physical and mental health. Self-care looks different for everyone, so it is important to take time and understand there might be some trial and error in finding what works best for you.

Why is it important?

Self care is important because it helps you manage your stress in a healthy way, lower your risk of illness, and can help increase your energy. Small acts of self-care throughout your daily life can make a huge impact later on. However, it is important to remember that self-care is not a cure for your mental health. It is important to know what causes or triggers your mild symptoms and what coping techniques can help manage your mental health in addition to doing some self-care everyday.¹



How to Care for Yourself

Self-care is different for everyone, but here are some tips that can help you get started with self-care.

- Get regular exercise: 30 minutes of walking, or small movement can help boost your mood
- Try a relaxing activity: explore relaxation or wellness programs or apps, or even try some breathing exercises
- Focus on the positive: identify and challenge your negative and unhelpful thoughts

