

22 Simple *Self-Care Tips*



Stress can take its toll on your body in many ways - physically, emotionally, and mentally – causing you to age faster.

You'll find that when you feel like you don't have the time to slow down, that is actually when you need it the *most!*

It's important to take some downtime and take care of YOU. You not only deserve it, but when you're feeling rested and recharged, you can accomplish more and support others better. It's not being selfish as you will actually have more of you to give.

Here is a list of 22 simple tips to take care of YOU. Pick one that you can start with today – and then remember to do something that brings you joy or makes you feel more centered and relaxed every day (even if for just 5 minutes).

1. Get enough sleep
2. Prioritize your day each morning (what are the top 2 -3 things you want to get done today?).
3. Schedule tasks, appointments, and events as evenly as possible throughout the week.
4. Reduce time on the computer and watching TV
5. Take deep breaths during the day
6. Eat slower, notice how many times you chew
7. Connect with family and friends
8. Take a break (i.e. vacation or 'staycation')
9. Ask for help if you need it
10. Make time for YOU
11. Read a book
12. Exercise (at least 20 minutes per day)
13. Speak to yourself with kindness
14. Listen to music
15. Open your windows and blinds during the day
16. Focus on your goals
17. Smile
18. Meditate, pray, and/or practice yoga
19. Get a massage, facial, or mani/pedi (or all 3)
20. Go on a walk outside and be with nature
21. Focus on the positive
22. Be grateful

Be Present | Be Purposeful | Be Well

