

SELF - CARE

is any activity that we purposefully engage in to prioritize our mental, emotional, and physical health.

WHAT ARE EXAMPLES OF SELF-CARE ACTIVITIES?

- meditation
 - bubble bath
 - face mask
 - deep breathing
 - doing a puzzle
 - coloring
 - yoga
 - reading a book
 - listening to music
 - taking a nap
 - watching tv or a movie
 - taking a walk
 - eating a snack
 - exercising
 - ordering medications
 - taking medications regularly
 - scheduling medical care
 - attending therapy
 - caring for body hygiene
 - eating right for your body
 - prioritizing sleep for you
 - gentle stretching
 - calling insurance
 - getting blood work
 - filing for accommodations
 - talking to friends
 - doing chores
 - turning off the news
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**Not all self-care is fun - some self-care is work.
No one should shame you for any kind of self-care you do.**

Institutions must prioritize the well-being of their people to reduce the likelihood of burnout. To do this, institutions must provide time off, offer opportunities for rest, have reasonable expectations, and modulate expectations based on additional factors.

**PRIORITIZE YOUR SELF-CARE
and
TAKE CARE OF YOURSELF.**