



SELF CARE



SELF CARE ≠ SELFISH

According to National Institute of Mental Health, self-care can "help you manage stress, lower your risk of illness, and increase your energy" (NIMH).



SELF-CARE TYPES

Imagine self-care as adding gas to the car when the tank is empty. Self-care can help us get to the next destination. Here are some types of self-care:

- Emotional
- Physical
- Social
- Creative
- Spiritual

SELF-CARE TIPS

- Prioritize self-care.
- Set a schedule for self-care.
- Self-care can be simple: it can be as easy as taking a bath at night.
- Practice makes perfect: just like developing any skill, self-care is a habit that we need to practice intentionally.



SELF-CARE IDEAS

- Meditate
- Exercise
- Hydrating
- Making a playlist
- Taking a walk
- Eating favorite food
- Taking a bath
- Playing with pet
- Watching a movie
- Deep breathing ([Visual Video](#))
- Practice gratitude ([Tips](#))

CHALLENGE FOR THE DAY:

Compliment yourself! You deserve a pat on the back for being you!
What can you do to celebrate today? Do it!



RESOURCE

- Calm app
- Insight Timer
- Mindfulness ([Guide](#))
- 5-minute meditation ([Video](#))
- American Psychological Association ([Self-care](#))
- What is self-care? ([Video](#))



Reference

- "Caring for Your Mental Health." National Institute of Mental Health, U.S. Department of Health and Human Services, www.nimh.nih.gov/health/topics/caring-for-your-mental-health. Accessed 26 Feb. 2024.
- Gainey, Author: Kellie, and Kellie Gainey. "Self-Care for Teens: 6 Types & How to Begin." Choosing Therapy, www.choosingtherapy.com/self-care-for-teens/. Accessed 26 Feb. 2024.



**Taking care of yourself
doesn't mean ME FIRST, it
means ME TOO.
- L.R. Krost**

