Self Care

What is self care?

Self care is taking the time to act in ways that can improve your physical or mental health. Doing self care properly can have a positive impact on your mental health. Self care can help with managing stress, lower your risk of illness, and increase your energy.

Examples of Self Care
There are different types of self care and even small things can count as self care. Self care is an action you take that can positively affect you. Everyone has different needs and different preferences for self care.

- Get regular exercise
- Eat healthy and regularly
- Keep Hydrated
- Keep a gratitude journal
- Try a relaxing hobby
- Meditation
- Keep sleep a priority
- Connect with positive people
- Focus on keeping a positive mindset
- Set goals and priorities for each day

Self care looks different for everyone. While self care is not a fix for mental health disorders, self care can maintain good mental health. If you are struggling with a mental health disorder, practicing self care can include getting the help you need from a medical profession or counselor.

National Institute of Health, (2022 September) "Caring for Your Mental Health"