

MENTAL HEALTH WELLNESS TIPS

Making Self-Care Work

Real-world tips on making ourselves a
priority in our lives



**Women and particularly
women of color are facing
more challenges today than
ever before**

Despite and In spite of these challenges, taking care of ourselves makes a big
difference in whether we are THRIVING or simply trying to survive

What is self-care?

Self-care is any activity we actively choose to do to take care of our physical, mental and emotional well-being.



take care
of your mind

Why do we need to practice self-care?

Our well-being is important because it is impacted by everything that happens around us - physically, emotionally, and spiritually

Self-care helps us manage stress better and allows us to be more productive. Taking care of ourselves helps us keep a good work-life balance.



Areas of Self-Care

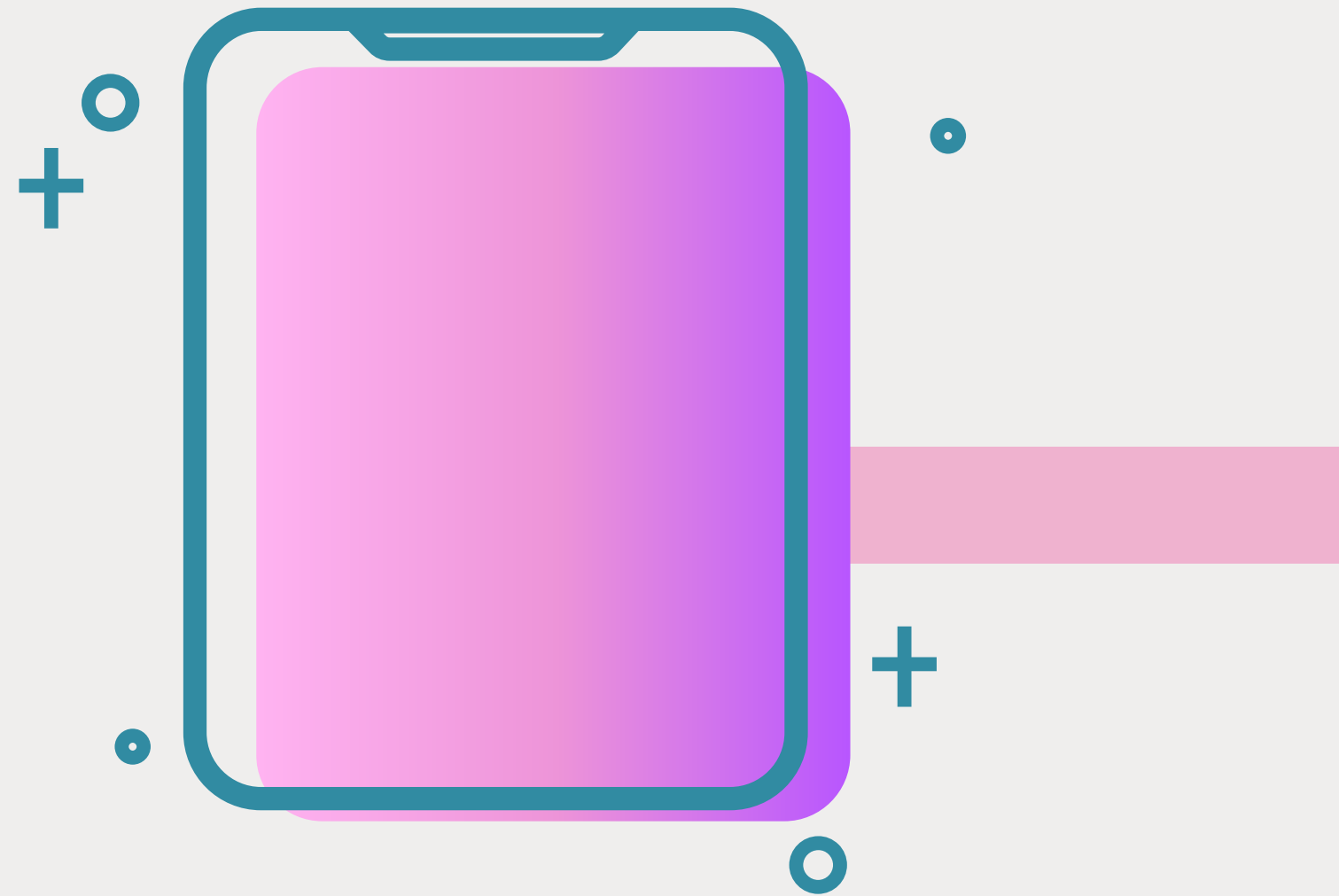


Mental Self-Care

Taking care of your mind



- 1) Find a routine. Schedule your self-care like you do other things you do (kid's soccer practice, major work project at work, etc.) Make self care a **PRIORITY!**
- 2) Find 5 - 10 - 15 minutes each day to center yourself at the beginning and throughout your day. Take a quick walk, meditate, pray or anything that allows you to **FOCUS** on **YOU!**
- 3) Incorporate aspects of mindfulness that are mentally-relaxing as well as things that stimulate your creativity and imagination



Self-Care **REMINDER**

Self-care is something we do for
OURSELVES, that we enjoy. It should
never feel like something you're made to
do.



Self-care is whatever you choose

Self-care can be as inexpensive or as extravagant as you want. From a hot bubble bath at home to a spa-day at a luxurious hotel, just make sure that its ALL ABOUT YOU!

The goal is to find something that recharges & energizes you. That gives you a sense of calm, peace, & enjoyment.



Emotional Self-Care

Its OKAY to NOT BE OKAY!

Acknowledge your feelings & know they are valid.

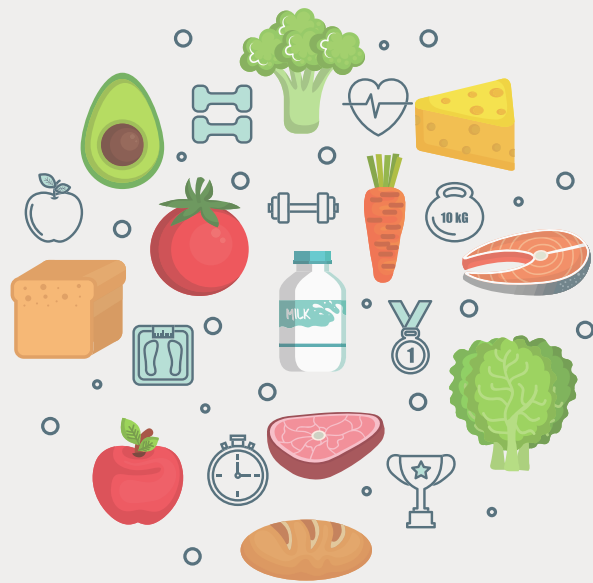
Its can be helpful to keep a journal to help process your emotions.

Practice daily affirmations and expressions of gratitude.

Physical Self-Care

Get enough sleep

Our brain and our body needs sleep to recover. Lack of sleep. Strive to get a good bedtime routine.



Healthy meals & nutrition

(moderation, not limitation)

Water is our best friend, drink plenty of it and eat well balanced and satifying food

Exercise regularly

MOVEMENT IS LIFE! Set aside time to workout in a way that is fun and gets you up and moving

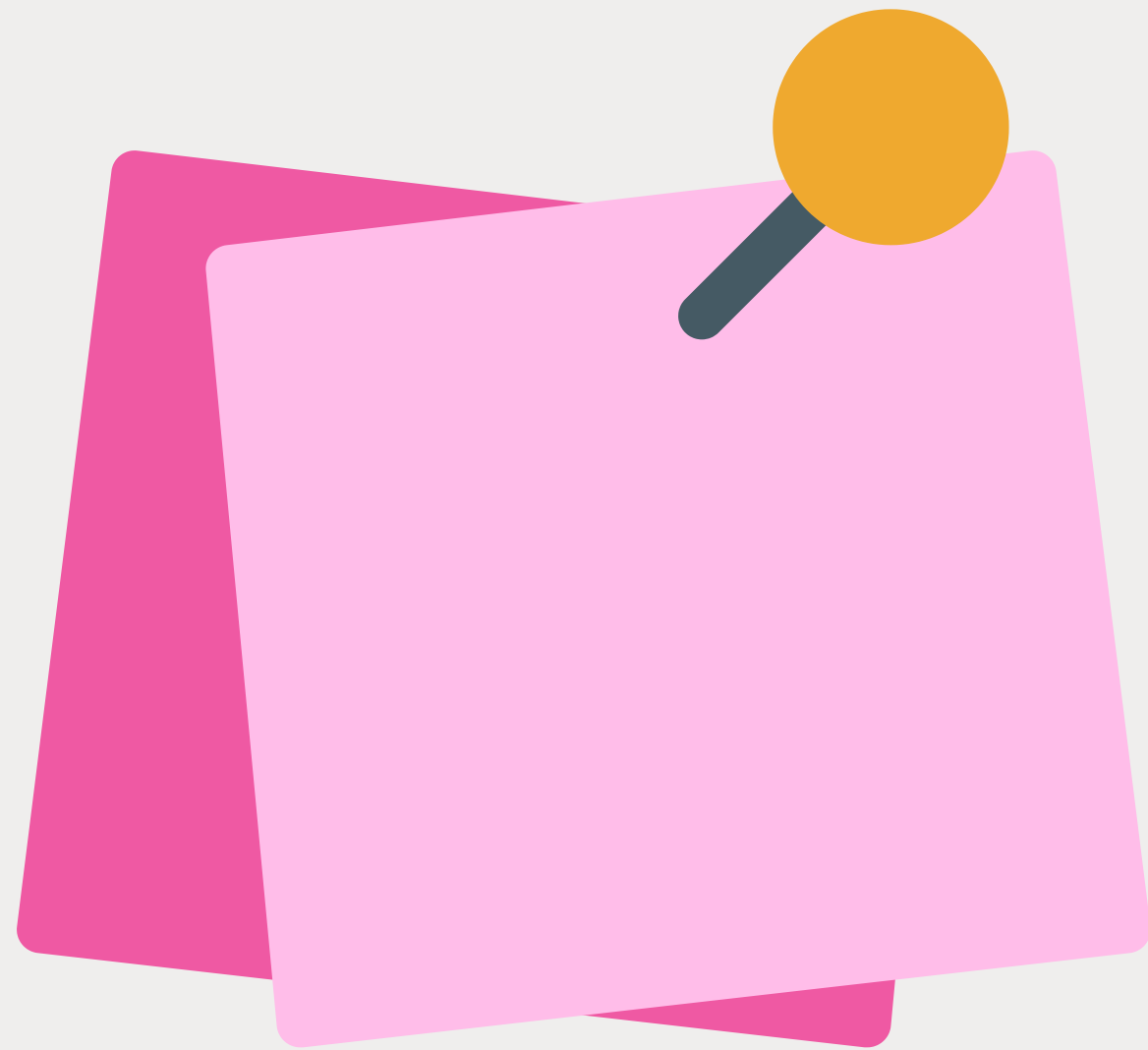




Social Self-Care

Maintain connections with other people

Reach out to someone every day. Call or message a family member or friend just to check in.



Self-Care **REMINDER**

Self-care is NOT about being selfish! Its about taking care of YOU so you can take care of those that matter most to you!

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