



Be Well



# Taking Care of Yourself

SHARE

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## Overview

Supporting your wellness can help you feel better, live healthier, and handle the ups and downs of life more easily. By taking steps to be well, you are looking out for yourself now and in the future. You don't have to do everything at once. Anything you do to boost your wellbeing is a step in the right direction.

Start by noticing what you do already. There are so many things that may seem small but can have a positive impact on your well-being. Take note of the things you do daily, weekly, and even monthly and how they make you feel.

Are there areas of your life you don't focus on? That's okay! Remember all the things you are doing to be well. You know what works for you and helps you feel good.

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## Things to Consider

# Things to Consider

Here are a few things to keep in mind as you work on taking care of yourself:

- **Start Where You Are**
  - Focus on what works for you instead of the things that you think you should do. Build on what you know and what you like. There is no single path to your wellness.
- **Be Flexible**
  - Wellness looks different for everyone. It's about finding the right mix of what you need, what you want, and what you're capable of doing day to day. Your balancing act will change depending on what is going on in your life.
- **Accept Support from Others**
  - It can be helpful to reach out to others to get ideas on how to be well. Chances are, there's someone that has experienced whatever you are going through in life. Can't find someone who has been through a similar situation? Look for a local or virtual support group to connect you to someone new.
- **Make it a Habit**
  - Creating healthy habits allows us to be well without "thinking about it." Habits let our brain focus on things that need more attention, like making decisions. They can even lead to positive feelings in our lives and relationships and increased energy levels. Habits aren't easy to create and even harder to change. The best way to form healthy habits is by setting routines.

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## Tips for Mental Wellness

# Tips for Mental Wellness

Include these tips and activities in your self-care plan, or as you go about your every day. If you think one might not work for you, adjust it to fit your needs and capabilities. It's all about creating your wellness, your way.

- **Set a plan for your day**
  - When you've got a lot of things to do, make a list and pick one thing to do first. Set expectations with the people

around you about what you can and can't do. If you can, save time for something enjoyable and meaningful to you.

- **Practice deep breathing and relaxation**
  - [Breathing exercises](#) can help calm your nervous system.
- **Recharge by disconnecting from devices**
  - Sometimes you just need to power down and have some time to yourself.
- **Take a step back when in a stressful situation**
  - It's okay during stressful times to distract yourself and take a step back. It can be helpful to take your mind off things for a little while.
- **Try something creative**
  - Draw, write, cook a new recipe, or make something crafty. You might find a new hobby or something that makes you happy. You can express your feelings in whatever you create and help relax your mind.
- **Attend a social event**
  - Connecting with other people can make you feel included.
- **Reflect on your day**
  - What did you appreciate today? Find something that made you smile or laugh. Remember how you felt in those moments and try to learn from them.

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## Tips for Overall Wellness

# Tips for Overall Wellness

Supporting your physical health supports your mental wellbeing, too.

- **Sleep well**
  - If you can, aim for 7-9 hours a night and keep a consistent bedtime. Quality of sleep is important too. Limit screen time before bed and give yourself some time to wind down. If you have trouble sleeping, try blackout blinds or a white noise machine. Healthy sleep lets your body rest, repair, and reset.
- **Make healthy food choices and drink more water**
  - If you can, make sure you're eating a well-balanced diet to keep your energy up. Staying hydrated can help you think clearly and boost your mood.
- **Move around and get outside**
  - As much as you are able, move your body and get exercise to keep the happy chemicals (endorphins) pumping. Every little bit helps. Being outdoors can boost

your levels of serotonin and Vitamin D. It can even reduce stress levels and improve your sleep.

- **Schedule a health screening**
  - Try to stay up to date with your doctor visits and get ahead of any problems.

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## Continue Your Wellness Journey

# Continue Your Wellness Journey

Wellness isn't a destination, but an ongoing journey. It's something you have to keep working toward throughout your life. Focusing on your wellbeing helps you handle whatever life throws your way. Yet even when you are at your best, things can get overwhelming. The good news? You can prepare yourself for tough times by building your resilience and learning ways to calm yourself.

LEARN HOW TO SUPPORT YOUR RESILIENCE

LEARN WAYS TO CALM YOURSELF

### Be Well

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