

# Self-Care Done Right



## Practicing Self-Care

Choosing to prioritize your own needs doesn't imply prioritizing yourself over your loved ones. It signifies being aware of your own well-being so that you can effectively support the ones you cherish.

## Self-Care Tips

### 1 Develop a 'Don't Do' List

After an especially draining day, take a few minutes to reflect.

### 3 Give Yourself a Meditation Break

Meditation is thinking deeply or focusing your mind for a specific duration.

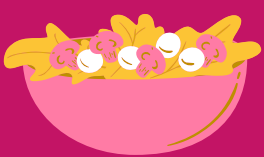
### 2 Relax With an Audiobook

It can transport you somewhere else and helps you focus more easily.

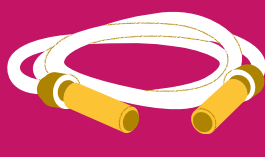
### 4 Stand up and Stretch

When you make a conscious and physical shift, your mind responds in a beneficial way.

## 4 Pillars of Self-Care



Nutrition



Physical Activity



Social Support



Sleep & Hygiene

## Basic Rules of Self-Care

### Stick to Basics

.....  
Find your unique routine and flow.

### Plan your Self-Care

.....  
Something you organize on your own

### Stick to Basics

.....  
If any activity does not mean self-care to you, avoid it.