

# Self-Care

Self-care is an activity done deliberately to care for our physical, emotional and mental health. Self-care can improve mood and reduce anxiety. It should be planned, as it is an active choice. You can add self-care activities to your calendar to increase your commitment to self-care.

## Exercise

improves your health and relieves stress. Create some time in your schedule to engage in physical activity each day!

**TRY:**

Jumping rope  
Running in place  
Yoga poses



## A healthy diet

is important in a self-care plan. Proper nutrition has been linked to emotional, physical and cognitive (thinking) health.

**CHOOSE:**

Healthy foods like fruit, veggies or yogurt for meals and snacks!



## Restful sleep

helps you fight off common infections, restore energy and create new brain pathways such as learning and memory.

**TRY:**

Turn off all electronics 30 minutes before bedtime!

