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.

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!