



Self-Care

If you want to start prioritizing your wellbeing, you can easily add in some simple behaviors to your busy schedule to enjoy the mental, emotional, and physical benefits of self-care. Along with eating well, exercising regularly, and getting enough sleep, you can try out some of the simple suggestions below to practice better self-care:

Take note of compliments. You probably get complimented more than you think. Many of us tend to only focus on negative comments – so we don't always remember all the good things people have said about us. Make an effort to write down any and all compliments someone says about you. Look through the list when you are feeling down.

Create a “no” list. Learning to say “no” can be difficult – but it's a crucial part of taking care of yourself. Write up a list of things to say “no” to. This could include any unnecessary, stressful responsibilities. For example, checking work emails over the weekend or going to every social event you get invited to.

Use positive affirmations. Create printable cards with your favorite positive affirmations. Keep them at your desk to look at whenever you need some motivation. Positive affirmations will help remind you of your worth and inspire you to practice self-care.

Go outside. Keep your mind happy by going outside regularly. Lack of sunlight can lead to a significant drop in serotonin (a hormone that affects your mood). Go for a walk during your lunch break or take your dog to the park after work.

Stay away from negativity. Try your best to remove yourself from negative situations. Stay out of gossip with negative co-workers, end any toxic relationships, and unfollow negative friends on Facebook. Focus on surrounding yourself with positive people who encourage you and make you feel good about yourself.

De-stress. Take the time to de-stress from the day. Meditate after work, read a book, workout, get a massage, or pamper yourself with a DIY wellness retreat.



BE MINDFUL OF HOW YOU TREAT YOUR BODY,
HOW YOU HANDLE YOUR SPIRIT.