



## EXAMPLES FOR SELF-CARE

Self-care is so important, and it only takes a few minutes. It is very important that you take time for yourself. If you're not your best self, you can help others be their best self. Serious mental health challenges call for the help of a qualified clinician and, additional, often require medications to alleviate symptoms. However, there are tools that each of us can employ to marshal our own physical and emotional coping mechanisms.

- Put a list together of the most important things and people in your life. Reference this list weekly to remind yourself to spend time on these things or with these people.
- Create a to-do list each day which will organize your day and help you feel accomplished.
- When you're feeling overwhelmed or like there is no time, take 10 deep breaths for a 60 second short meditation.
- Write in a journal. This will help you reflect on how you are spending your time and what is happening in your day.
- Move your body. Moving your body opens your mind.
- Have a healthy diet
- Get adequate sleep.

### Additional Articles About Self-Care

- [7 things that are good examples of self-care and 7 things that aren't](#)
- [134 Activities to Add to Your Self-Care Plan](#)