

VitaMin

Vital health information in a minute



TAKE GOOD CARE OF YOURSELF

Have you done something nice for yourself lately? Self-care is about spending time taking care of yourself and doing things that benefit your health and well-being. Practicing self-care can help you stay calm and gather inner strength during difficult times.

Make the most of your “me time” with four types of self-care.

1. Physical

This involves taking care of your physical self and meeting your body’s needs for nutrition, exercise and sleep.

Self-care activities:

- › Eat a healthy breakfast.
- › Go for a walk.
- › Take a nap.
- › Get a massage.

2. Emotional

Self-care encompasses mental and emotional health, and nurturing a healthy state of mind. You can start by paying attention to your thoughts and feelings. Allow yourself to let go of negative thoughts weighing you down.

Self-care activities:

- › Start a journal.
- › Try laughter yoga (or anything that makes you laugh).
- › Let yourself cry when you need it.

3. Spiritual

Explore what really matters to you. This can help you clarify what’s most meaningful in your life and put your values into action. Feeling a part of something greater than yourself helps give you a sense of purpose.

Self-care activities:

- › Try meditation or prayer.
- › Listen to uplifting music.
- › Attend a poetry reading.

4. Social

Connecting with other people is a vital aspect of self-care. Building a strong social network helps you stay active and engaged. Sharing a quick conversation or a few laughs with a friend can help you relax.

Self-care activities:

- › Meet a friend for lunch.
- › Take an art class.
- › Volunteer for an organization you care about.

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

Together, all the way.®



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