



Taking Care of your *Whole* Self

Making time for yourself is important! Self-care is different for everyone, but it means taking care of all of you – physically, mentally, and socially.

Take our Self-Care Quiz!

	YES	NO
My energy levels are good	<input type="checkbox"/>	<input type="checkbox"/>
I am up to date with annual wellness and/or dental visits	<input type="checkbox"/>	<input type="checkbox"/>
I eat well most of the time	<input type="checkbox"/>	<input type="checkbox"/>
I get a good night sleep most nights	<input type="checkbox"/>	<input type="checkbox"/>
I have time to relax or be alone	<input type="checkbox"/>	<input type="checkbox"/>
My stress levels are low	<input type="checkbox"/>	<input type="checkbox"/>
I feel supported by the people around me	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “no” to one or more of the above statements, **you probably need some self-care.**

5 Self-Care Ideas (that are totally free!)

1 TAKE A WALK.

Lace up your sneakers and get outside! Drive to a local park and hit the trails with a friend or enjoy time alone.

2 DO WHAT YOU ENJOY.

Read a book, paint, put together a puzzle, or sit down and watch your favorite show.

3 MEDITATE.

Close your eyes, try to free your mind from any thoughts, and do some deep breathing.

4 CREATE A HOME SPA.

Take a warm bath while listening to soothing music.

5 TAKE A NAP.

A quick 30-minute snooze is often enough to recharge your batteries!

Remember, self-care isn't selfish.

Try to take time for yourself at least 2-3 times a week.