



## Self-Care

**What is self-care?** It is the process of taking care of oneself with behaviors that improve health and management of illness when it occurs.

Here are recommendations for taking care of yourself:

- 1 Make sleep and healthy sleep practices (also known as “sleep hygiene”) priorities.** Practice good sleep habits and create a sleep schedule based on your wake-up time. Prioritize seven to eight hours of sleep per night.
- 2 Get regular exercise.** You don't need a gym membership or nice workout clothes to get moving. Every little movement counts. Thirty minutes of moderate to vigorous activity per day is recommended.
- 3 Eat healthy.** Nourish your body with five servings of vegetables and fruits a day. Increase your intake of fish, whole grains, and legumes, and limit your use of saturated fats, sugars, and processed foods.
- 4 Limit alcohol use and avoid tobacco products.**
- 5 Connect with people.** Get together with friends and family. When you're not able to see them in person, connect with people by phone or video. Research shows that even a brief interaction with a stranger is helpful. Say hi and engage in brief conversations at the grocery store or other public spaces.
- 6 Engage in preventive health care.** Keep up with your annual wellness exam and visits to specialists if recommended. Follow up on any tests that are ordered.
- 7 Set goals and boundaries.** Make time to engage in activities that matter to you, and allow yourself to say no to requests or expectations that are harmful to you or misaligned with your values.
- 8 Identify, challenge, and let go of distorted and unhelpful thinking.**



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