

Mental Health & Wellness

Newsletter

Topic of the Month: Self-Care

Let's clear up one common misconception about self-care, self-care is not the same as self-indulgence or being selfish.

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.



How to start a Self-Care Plan:

1. Determine which activities bring you joy, replenish your energy, and restore your balance.
2. Start small by choosing one behavior you'd like to incorporate into your routine in the next week.
3. Build up to practicing that behavior every day for one week.
4. Reflect on how you feel.
5. Add in additional practices when ready.
6. Get support through sharing practices from loved ones, a coach, a licensed professional (like a therapist or dietitian), or through your healthcare plan, community, or workplace.

Types of Self-Care:

- Emotional self-care, such as self-talk, weekly bubble baths, saying “no” to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend.
- Physical self-care, such as prioritizing sleep, adopting an exercise routine you can stick with, choosing healthy and nourishing foods over highly processed ones.
- Spiritual self-care, such as attending a religious service, spending time in nature, meditating, incorporating regular acts of kindness into your day, or keeping a gratitude journal.