

PHYSICAL

- Check out your local parks, recreational facilities, or walking trails for some exercise
- Visit the farmers market
- Take a relaxing shower or bath
- Schedule your annual checkups, dental cleanings, cancer screenings, etc.

MENTAL

- Take mini breaks throughout the day
- Take intentional screen breaks
- Work on a puzzle or game
- Read a book for fun
- Start a gratitude journal
- Create! Artwork, poetry, woodworking, crocheting, etc.

EMOTIONAL

- Talk to a safe person such as a friend, family member, or therapist
- Practice journaling
- Join a support group
- Make time for yourself
- Develop healthy coping skills like exercise, meditation, and deep breathing

SELF CARE

RESOURCE GUIDE

SPIRITUAL

- Spend time in nature
- Meditate
- Volunteer at a food bank or other organization
- Create rituals for yourself
- Reflect on meaning or purpose
- Attend a service at a local place of worship
- Join a prayer group

PROFESSIONAL

- Make to-do lists
- Block off focus time on your calendar
- Take your designated lunch and break times
- Use your vacation time
- Advocate for yourself at work
- Take advantage of your work benefits
- Set workplace boundaries

SOCIAL

- Schedule dinner with a trusted friend
- Join a recreational league
- Attend self-help or recovery groups
- Check with your local Parks and Recreation Department or public library for free community events
- Join a book club