

# Self-Care: More Than a Fad

## What is self-care?

Self-care activities are things you do in your daily life to establish and maintain good health and improve your wellbeing.

Self-care can help you manage mental health challenges such as stress, depression, and anxiety.

## What does self-care look like?

- Self-care is very personal. What helps one person maintain wellbeing, might not work for others.
- Self-care can be simple, such as taking a deep breath when you notice you are stressed, or it can be more involved, like setting boundaries or creating new routines.

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areas of  
self-care

- physical
- emotional/psychological
- social
- spiritual
- intellectual/mental



## Self-care is the key to resilience

Self-care helps you bounce back in the face of challenges. You are better able to care for others and handle stress when you are feeling your best.

## Consider creating an action plan

- Step 1: Evaluate your life and identify where you are feeling unbalanced.
- Step 2: Determine what self-care practices will meet your needs.
- Step 3: Decide what you want to try – is it something new, something easy?
- Step 4: Set up a realistic plan that you can stick with.
- Step 5: Determine when/where/how to start.



### Try It

Try something new to recharge your batteries



### Talk About It

Connect with someone you trust to share your plan



### Support Others

Check in with others and encourage their self-care



### Get Help

Reach out to your doctor for support and guidance

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*For a long time, I'd unwind by throwing back a few beers after work or lounging on the couch watching TV. When my son was playing high school football, he asked me to take him to the gym, so we started going a few days a week after work. I noticed I felt so much better on the days that we worked out - my kids even told me I wasn't as grumpy as usual. So now I try to do something active after work.*

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**Call or text - 988**  
**[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)**



# SIGN IN

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*Scan for mental  
health resources*



**HOLD ON PAIN ENDS**



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