

List:

The Basics of Self Care

Maintaining your physical and mental health helps you build resilience and manage stress. Here is a list of ideas and activities you can use to take care of yourself - even if it's only the basics.

Basic

- 7 - 9 hours of sleep at night
- Drink water
- Eat a meal
- Get fresh air
- Washing up/brushing up

Mental or Activities

- Declutter your desk or room
- Give yourself credit
- Listen to a podcast
- Read for 15 minutes
- Read inspirational quotes
- Set a daily goal for a week

Physical Activities

- Cook your favorite food
- Dance or music
- Go for a walk
- Meditate
- Move your body

Emotional

- Buy something that makes you feel good
- Call a family member
- Connect with friends
- Do something for someone else
- Do something you love to do
- Give thanks
- Talk to a friend
- Spend a day social media free
- Take a 30-min nap
- Unplug
- Warm Bath
- Watch a movie or show
- Write in a journal