SELF-CARE IS NOT SELFISH

One of the keys to resilience is **self-care**. Fulfilling our basic needs equips us to face life's challenges well. Add 1 or 2 of these strategies each week!

1. **PUT YOUR FEET UP**
   Carve out time each day to relax. Also, try going to bed 30 minutes earlier each night this week.

2. **EAT HEALTHY**
   Eat a few more fruits and veggies & less fried foods, pre-packaged foods, and sweets this week.

3. **MOVE THAT BODY**
   Get up and get out! Take a short walk each day this week to help your body and mood.

4. **LINK UP**
   Spend quality time with family and friends, whether in person or over Zoom. Lean on others for support.

5. **CONNECT WITH GOD**
   Start keeping a gratitude journal. Pray and read Scripture regularly. Make time to attend church.

6. **KNOW WHEN TO SAY NO**
   Don't take on unnecessary added responsibilities. Identify your priorities and stick to them.

7. **PAMPER YOURSELF**
   Indulge in some little things that you love, like a warm glass of tea or a favorite album.