

# 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.

