



Self-Care Behaviors

Being your best self relies on practicing self-care behaviors. But what exactly does that mean? An internet search will yield multiple definitions of self-care. Perhaps the simplest to grasp is from the English Oxford Dictionary which reads, “the practice of taking action to preserve or improve one’s own health”.

Self-care then, is a very active, consistent, and powerful choice you make to engage in activities to get and stay healthy.

Unfortunately, many people see self-care as a luxury, rather than a priority. It’s easy to put others’ needs ahead of your own. But neglecting self-care can leave you feeling overwhelmed, tired, and ill-equipped to handle life’s ups and downs.

While finding ways to relax is a great form of self-care, it’s so much more than that. It’s about taking care of yourself mentally, physically, emotionally, socially, and spiritually.

If that sounds like a lot to manage, remember, you don’t have to tackle it all at once. It’s important to find a balance that allows you to address each area based on your needs at any given time. Sometimes you might need more self-care in a specific area in order to restore balance or deal with a specific stressor. Other times, it might be easy to focus on several aspects of self-care all at once because life is moving along smoothly.

Whichever the case, make self-care a priority so you can show up as your best self in all areas of your life.

Practicing Self-Care Tips

Mental

- Pursue hobbies that bring you joy
- Keep your mind sharp by doing puzzles, word games, number games, etc.
- Read books, for both pleasure and learning

Physical

- Eat healthy foods in the right amounts
- Be physically active throughout your day
- Maintain a healthy weight
- Get adequate sleep
- Limit/eliminate alcohol intake
- Avoid tobacco use
- Understand your health risk factors
- Get routine preventive care
- Take medications as prescribed

Emotional

- Learn to better manage stress
- Practice self-compassion
- Avoid comparing yourself to others
- Address negative emotions
- Adopt a growth mindset

Social

- Cultivate strong relationships
- Create space for face-to-face interactions
- Resist the urge to isolate yourself from others

Spiritual

- Practice gratitude
- Engage in spiritual practices that are meaningful to you (prayer, meditation, being in nature, etc.)
- Find meaning and purpose in life



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