

How to practice self-care



♦ Physical

Take a walk

Exercise is important for the body, mind, and spirit, and walking is a perfect way to get your body moving. Try to walk or engage in another physical activity for at least 20 minutes a day to boost your mood and increase your focus.

Get enough quality sleep

Try to keep a regular bedtime schedule that includes 7–9 hours of sleep a night.

Eat healthy

Eating regular and nutritious meals throughout the day and staying hydrated keeps you alert. Avoiding too much sugar and caffeine can help you keep an even keel.



♦ Mental

Read a book

Books can open up whole new worlds, spark curiosity, and inspire creativity. They allow you to get out of your own mind and think more deeply and widely.

Enjoy time with people close to you

Nothing does as much for your mental well-being than interacting with people who are positive and whom you like to be around.

Learn something new

Learning to play a musical instrument, a language, or any new activity keeps you in the moment and builds new pathways in the brain. It's also a lot of fun!



♦ Spiritual

Practice gratitude

Try keeping a gratitude diary. Every day, write down three things for which you are grateful – they can be very small things. Focusing on positive thoughts becomes a habit that can also influence your work life.

Meditate/be mindful

Whatever your spiritual inclination, taking a few minutes to empty your mind and just be in the moment can do wonders for your mind, body, and soul.

Get out into nature

Take a walk in the woods or sit on a park bench. Listen to the birds and the breeze in the trees. Let nature rejuvenate your mind and senses.



Guide To Taking Care Of People

S Ashworth



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