



# Favorite Self-Care Strategies

## STAY WELL WITH THESE EASY SELF-CARE ACTIVITIES

We are all in this storm together and no matter what your particular boat looks like, you can take steps to care for yourself well in any circumstance. Schedule time each day to do an activity that brings you joy, rest, and peace. The list below features a variety of resources and activity suggestions.



- Exercise (5 minutes-hours!)**  
Find ways to be physically active either outside or at home. Check out a new exercise program (some are offering free trials with the pandemic) or even some free YouTube videos. Try <https://www.fitnessblender.com/>
- Yoga (5 minutes-hours!)**  
You don't need any equipment or even a mat! You can do yoga anywhere and it's great for your mind and your body. Try: <https://www.youtube.com/user/yogawithadriene>
- Meditation or Mindfulness (20 seconds-hours)**  
Start your day with a meditation from apps like Calm, Intention Timer, or 10% Happier. Meditation and mindfulness can greatly impact your outlook on the day.
- Take a Break**  
Even if you just stare into space for 20 seconds, this can be a restorative way to give yourself a break and then jump back into the day. Even better, take a nap, read a book, or just sit in nature for a bit.
- Make a Tasty Meal or Snack**  
Cooking and cleaning after every meal can become quite taxing. Try to plan a special meal you can look forward to each week. Each day, have a snack that really fuels your brain and boosts your mood. Check out these mood boosters: <https://www.healthline.com/nutrition/mood-food#11>
- Bath**  
Take a longer break in the day or evening to have a soak. Gather your favorite bubbles or some Epsom salts and spend a little time in your tub. Leave your phone and device and completely disconnect!
- Nap**  
Naps are a helpful and restorative way to get rest and self-care into your day. Research shows 20 minutes is the optimal length of a nap. Set a timer and turn off all devices. Wake up feeling refreshed!
- Books**  
Find an uplifting or fun book to read and take 30 minutes out of your day to spend some time in another world! Pair it with a mood-boosting snack!
- Podcasts**  
If you prefer audio, find a topic that interests you, and take a listen while going for a walk. Whatever your interest, there is a podcast for it!
- Reach out to your Wellness Team!**  
Give us a ring or send us a message! We would love to hear from you and support you on your wellness journey!

