

# Self-Care



## What is self-care?

- Self-care is care provided “for you, by you”
- Self-care refers to activities undertaken with the intention of enhancing energy, restoring health and reducing stress

## What are benefits of self-care?

- Greater capacity to manage stress
- Increase resilience
- Reduce symptoms of mental health challenges

## Why Self-Care?

- Increase enjoyment in our lives;
- Cope with stressful events and sadness;
- Achieve goals and potential
- Maintain positive connections with others;
- Better equipped to support our children;
- To benefit ourselves and our families.



## What can I do?

- Use humor, smile, laugh out loud
- Rest
- Read the comics
- Watch a favorite movie
- Color, draw, work on an art project
- Count your blessings
- Learn to relax
- Be aware of your thoughts and behaviors
- Exercise
- Pray and Meditation
- Write in a journal
- Light a candle
- Take a warm bath



## Source

- Adapted from [Take Care of Yourself Self-Care Webinar by Yetta Myrick](#)