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HELLO 2018!!



To be able to care for the people you love, you must first take care of yourself. Self-care is anything you do that helps maintain your physical, emotional, and mental health.

Importance of Self-Care: Not only is self-care important for your physical health, but it is important for your mind, soul, and overall health.

Benefits of Self-Care:

- Reduces your stress levels
- Aids in maintaining focusing and refocusing
- Aids with completion of daily tasks
- Boosts personal happiness

Self-Care Tips and Tricks:

- Take a bubble bath
- Read a good book
- Make a Happy List (Things you're happy and thankful for)
- Get enough sleep
- Exercise daily
- Healthy eating
- Practice relaxation exercises
- Avoid guilt
- Notice the positive
- Gather strength and positive vibes from others
- Enjoy a walk
- Listen to uplifting music
- Color/Draw

For more information please contact your therapist.

NAMI (2017). National Alliance on Mental Illness. Retrieved from <https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself>.