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Luzio & Associates  
Behavioral  
Services

## Creative Self-Care!

**What:** Creative self-care is our adult self-care group.

**Who:** Open to adults 18 and older, no longer in high school

**When:** Tuesday evenings from 5:30-6:30p.m.

For more information regarding this group, or other services, please contact Luzio & Associates Behavioral Services.

4411 Washington Ave.  
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**Life can be very stressful at times. Having a good self-care routine is a great way to manage life's stressors. Follow these tips and activities to create your own self-care routine.**

### What is self-care?

Self-care is participating in activities you enjoy that help reduce stress and maintain our overall health.

### Why is self-care important?

Self-care is important in managing stress, but also ensuring your overall health. Practicing good self-care techniques can help balance the many aspects of our busy lives.

### Examples of self-care:

- Reading your favorite book
- Setting aside a specific amount of time to engage in a favorite activity (i.e. watching a favorite television show, going to the movies, bowling, playing a sport, etc.)
- Exercise
- Meditation
- Reflecting on 3 good things each day
- Talking to friend/relative about stressors
- Healthy diet
- Regular sleep routine
- Keeping a reflective journal
- Good hygiene
- Going to church
- Hanging out with friends/family
- Practicing positive thinking



### **Self-Care tips:**

- Figure out a self-care routine fit for your life
- Remember to make self-care apart of your regular routine
- Know when to say “No”- Boundaries are key in our self-care routine. Knowing when and what to say “No” too can help prevent a work overload.

Esposito, L. (2016) 10 Smart Self-Care Tips to Avoid Stress and Increase Joy.  
*Psychology Today*. <https://www.psychologytoday.com/us/blog/anxiety-zen/201602/10-smart-self-care-tips-avoid-stress-and-increase-joy>

Introduction to Self-Care. University of Buffalo: School of Social Work.  
<https://socialwork.buffalo.edu/resources/self-care-starter-kit/introduction-to-self-care.html>