

The basics of **self-care**



Eat well

A well-balanced diet provides the fuel your body needs to operate at its most effective.



Get healthy sleep

Give yourself energy for the day – not too little and not too much, generally 7-9 hours.



Reach out

Reach out to friends and family regularly and find ways to be together safely.



Be active

Keep a healthy routine, get exercise and walk outside – nature is good for the soul.



Reduce your stress

Make time to do things that bring you joy.

Self-care requires paying attention to your emotional and physical needs.

And if you find you're not being successful overcoming your obstacles to mental health, it's time to reach out to a counselor or your primary care provider to begin a conversation and make a plan.



OSF HEALTHCARE

Take Care Of Yourself The Complete Guide To Medical Self Care 5th

Michael Brown



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