

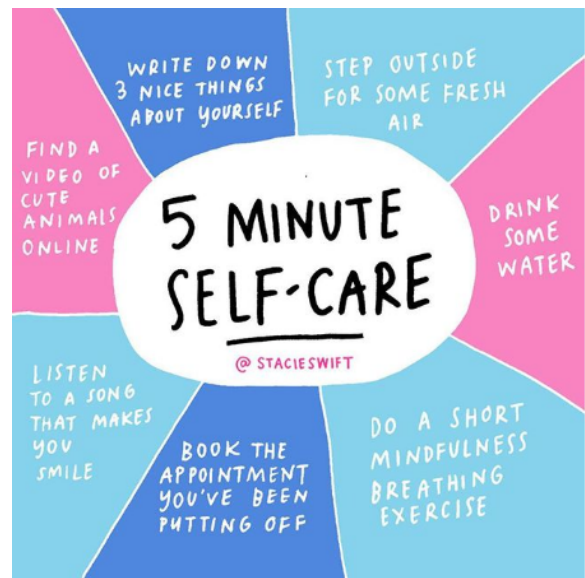
Self-Care

Capitol Hill Counselors



What is Self-Care?

Self-care is the practice of taking action to preserve or improve one's own health. Self-care practices can be used to promote your physical, mental, social and emotional health and well-being. During times of stress, our overall health tends to decline. Utilizing self-care practices helps us stay healthy and able to handle stress better. As adults/parents, if we are practicing self-care, we will be better able to care for our children as well as teach them proper self-care habits.



10 WAYS TO MAKE YOUR LIFE BETTER



Good vs. Bad Self-Care Strategies

Many people often misunderstand what good self-care strategies look like. They think that having some dessert, watching your favorite show, or playing video games is practicing good self-care. While those things are fine once in a while, and might make you happy in the moment, they aren't benefitting your overall well-being long-term. When we talk about practicing good self-care, we talk about the things we can do to positively impact our overall health. Below you will find a list of some self-care strategies and activities you can use to boost your physical, mental, social and emotional health.

Self-Care Strategies

- Physical
 - Getting enough sleep
 - Sticking to a daily routine or schedule
 - Waking up and going to sleep at the same time each day
 - Sticking to a healthy diet
 - Spending time outdoors with nature
 - Exercising regularly
 - Limit screen-time
 - Yoga

- Social-Emotional
 - Spending time with family and friends
 - Go to a movie
 - Go out to eat
 - Play a card or board game
 - Go to the mall
 - Do an escape room
 - Play a sport
 - Practice Mindfulness
 - Yoga
 - Breathing exercises
 - Progressive Muscle Relaxation
 - Do some reflective journaling
 - Find ways to process your emotions
 - Talk to family or friends about your feelings
 - Go to counseling or therapy
 - Keep a feelings log
 - Any activities that relax you
 - Say no when you need to

- Mental
 - Find activities to stimulate your brain
 - Crossword puzzles
 - Word searches
 - Sudoku
 - Trivia
 - Read
 - Escape rooms

