What is Self-Care?

Self-care means taking the time to do things that **help you** live well and improve both your physical health and mental health.

When it comes to your mental health, self-care can help you **manage stress**, **lower your risk** of illness, and **increase your energy**.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Self-Care is for Everyone

Self-care is proven to
reduce stress, depression, and anxiety levels
while **increasing self-compassion**,
improving concentration, increasing happiness,
improving energy, and more.

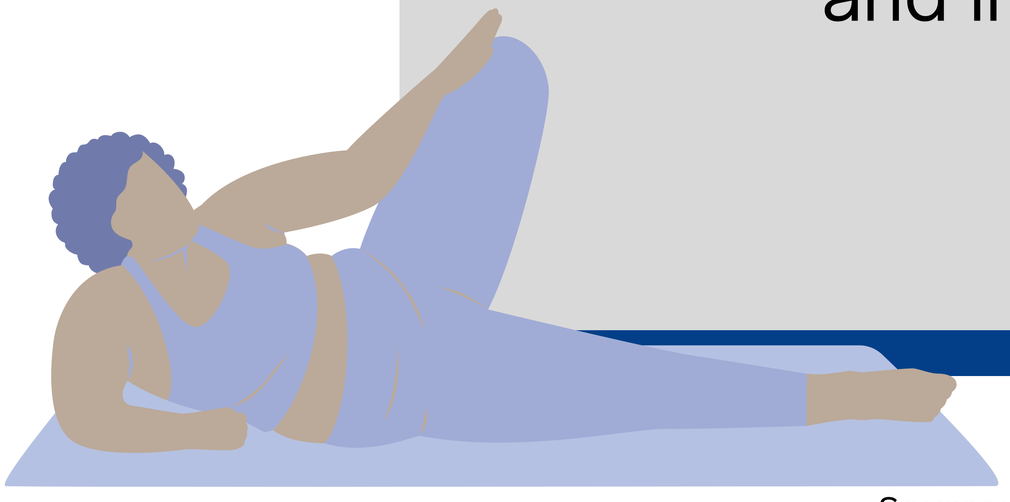
Source: Mental Health America

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

GET REGULAR EXERCISE.

Just 30 minutes of walking every day
can help boost your mood
and improve your health.



Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

EAT HEALTHY, REGULAR MEALS AND STAY HYDRATED.

A balanced diet and plenty of water can improve your energy and focus throughout the day.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

TRY A RELAXING ACTIVITY.

Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as journaling.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

SET GOALS AND PRIORITIES.

Decide what must get done now
and what can wait.
Learn to say “no” to new tasks if you
start to feel like you’re taking on too much.
Try to be mindful of what you have
accomplished at the end of the day,
not what you have been unable to do.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

PRACTICE GRATITUDE.

Remind yourself daily of things
you are grateful for. Be specific.
Write them down at night
or replay them in your mind.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE

Simple Ways to Practice Self-Care

STAY CONNECTED.

Reach out to your friends or family members who can provide emotional support.

Source: National Institute of Mental Health

COMMUNITY RESPONSE TO CHILD ABUSE CONFERENCE