

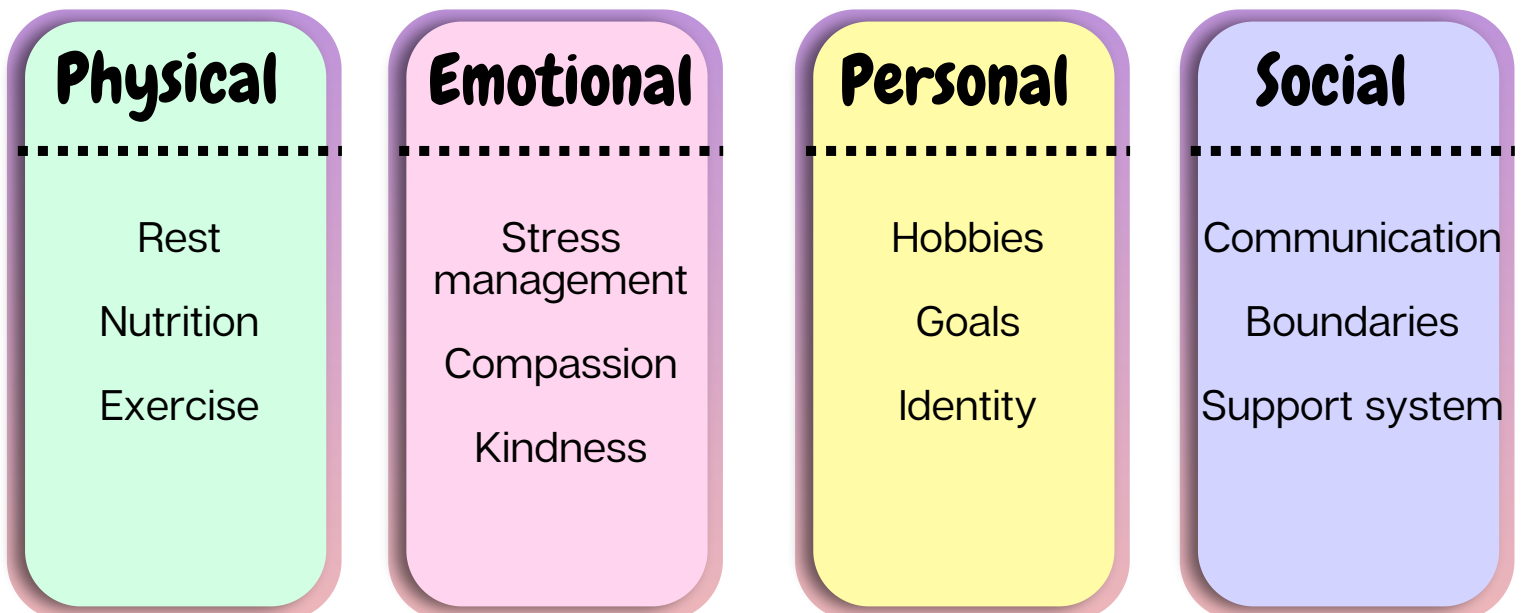
Week 2: Health

What Is Self-Care?

"Self-care is not a waste of time. Self-care makes your use of time more sustainable."- Jackie Viramontez

Too often we associate self-care with selfishness. Self-care is not selfish, it is actually an important part of how we deal with our daily stressors. Learning how to incorporate self-care into your routine has many benefits to both your physical and mental health, as it helps to remind us that our needs are valid and should be a priority. It is important to know that when looking at self-care, it may not look the same from person to person.

Types of Self-Care



Exercise:

How do you practice self-care? List one strategy from each category (physical, emotional, personal, or social) that you use, or could use, to practice self-care.

Physical:

Emotional:

Personal:

Social:

Reflection:

How did this activity make you feel? How have these self-care strategies been positively benefiting you, or how could they benefit you moving forward? Do you think you can improve these strategies to better fit your needs?



Challenge: Practice a self-care activity daily this week.