

Practice the following tips for good self-care.

Physical Wellness

- Eat a variety of natural nutritious foods, including 2 to 2 ½ cups of fruits and vegetables every day. Drink water.
- Eat food portions that support a healthy weight.
- Be active. Get 30 minutes of physical activity every day.
- Get enough sleep, rest, and relaxation.
- Visit your health care provider for preventive health care and recommended cancer screening exams.
- Use safety equipment such as: wearing a seat belt, helmet, life jacket, sunscreen, eye and hearing protection.
- Protect yourself against sexually transmitted infections.

Emotional and Mental Wellness

- Relax, meditate, pray, or take at least 15 minutes every day to clear your head.
- Laugh often.
- Have a positive view of life.
- View change as an opportunity.
- Learn something new every day.

Social Wellness

- Respect yourself and others.
- Enjoy being with family and friends. Stay connected. Share stories, laughter, and tears.
- Listen.
- Become involved in making your community a better place to live.
- Develop a support system.

Spiritual Wellness

- Experience nature.
- Take time for prayer and meditation.
- Talk with people who can provide spiritual guidance.
- Every day make time for solitude and quiet.
- Be thankful — Gratitude can help us maintain a balance when life feels overwhelming.

Healthy Habits

- *Take a Deep Breath. *Let Go.
- *Exercise.* Dance.
- *Take a Walk.*Sing.
- *Call a Friend. * Laugh.
- *Give Hugs. *Accept Hugs.
- *Ask for Help.* Build community.
- *Experience Nature. *Pick Berries.
- *Read Good Books. *Stretch.
- *Share Your Story.*Listen.
- *Drink water. *Eat Right.
- *Take breaks. *Relax. *Dream.
- *Listen to Your Inner Voice.
- *Live Your Dreams. *Be Kind.*
- *Celebrate Life. *Practice Teamwork.
- *Visualize a Peaceful Scene.
- *Listen to Music. *Forgive and Learn.
- *Reflect on Your Joys. *Count to 10.
- *Encourage Others. *Have FUN.
- *Work for Peace. *Believe.
- *Think Positive. *Say Thank you.
- *Massage Muscles. *Give Love.
- *View Problems as Challenges.
- *Learn Something New Everyday.
- *Seek out Positive People.
- *Remember Your Triumph and Joys.
- *Stop and Smell the Wild Flowers.
- *Watch the Sunrise. *Eat a Hot Meal.
- *Share Your Feelings. *Meditate.
- *Put Things in Perspective. *Rest.
- *Set Limits. * Say NO.
- *Believe in Yourself. *Time Heals.
- *Have Checkups. * Practice Self-exams.
- *Develop a Hobby. * Love Yourself.
- *Take Time for Fun. * Be Spontaneous.
- *See Problems as Challenges. *Smile.
- *Enjoy Small Pleasures. *Be Flexible.
- *Keep a Hilarious Moment Alive.
- *Resolve Conflicts. *Confront Problems.
- *Create a Balance. *Take Time for You.
- *Wear Your Seat belt, life jacket or helmet.
- *Giggle. Greet Your Hassles with Thanks.

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