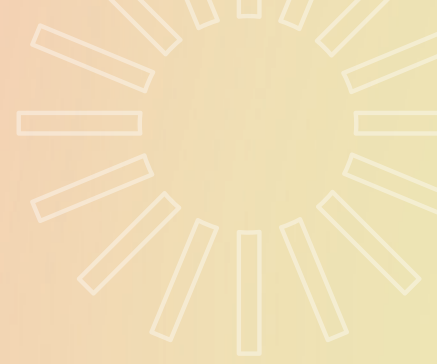






Self-Care Tips and Tools



Spending time to care for yourself can save your life.

Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy and more. But it can also help keep you alive. Self-care has been clinically proven to reduce heart disease, stroke and cancer. Try incorporating a few of the following strategies into your routine:

Connect with yourself

-  **Prioritize your health** – Eat nutritious foods you enjoy, get enough sleep, exercise regularly, and go for regular medical check-ups.
-  **Do one thing every day that brings you joy** – Put on upbeat music and boogie, read something that makes you laugh, or watch an episode of your favorite TV show.
-  **Take a nature break** – Getting outside calms our nerves and relieves mental fatigue.
-  **Set goals** – Keep a journal or scrapbook to track your goals and celebrate your successes along the way.

Connect with others

-  **Find others who share your interests** – Think about the things you like to do, and then research organizations that bring people together who share your interests. For example, many communities have local biking, walking, art, and music groups.
-  **Unplug** – Putting your phone away when you're with friends and family will help you enjoy the moment.
-  **Give back** – Support your community and make new connections at the same time by volunteering.
-  **Phone a friend** – Stay in touch with friends by calling or texting to check in on each other, share funny stories or ask for advice.

There's an App for That

Sanvello

Self-care strategies and resources, peer support, coaching and therapy, all on your phone.

Available on the Apple and Android app stores.

Happier Podcast

Listen to practical, manageable advice about happiness and good habits in this lively, thought-provoking podcast.

Available wherever you get your podcasts.