

Self-Care

WHAT IS SELF-CARE

Self-care is the practice of taking intentional actions to maintain and improve your physical, mental, and emotional well-being. It involves recognizing your needs and making time for activities that rejuvenate and support your overall health. Self-care isn't selfish; it's essential for maintaining balance and preventing burnout.

BASIC SELF-CARE CHECKLIST

- Eating nutritious meals
- Getting enough sleep
- Exercising regularly
- Staying hydrated

SUNDAY

TUESDAY

THURSDAY

FRIDAY

MONDAY

WEDNESDAY

SATURDAY