TAKING CARE OF YOU

Occasionally we all need a reminder to take care of ourselves. We may get so busy helping others that we forget about our own needs, or we put ourselves last on purpose. But it isn't selfish or inconsiderate to give time and attention to our own mental and physical health.

Taking good care of ourselves helps us feel positive, refreshed, and energetic. Our relationships benefit too. When we practice good self-care we show others that we value ourselves enough to take time for our needs, and they should do the same and not overwork or overextend themselves in an unhealthy way.

For some people, self-care means taking a walk, working on a hobby, getting a massage, or calling a friend. It can be whatever helps you relax and recharge. Here are some ideas for self-care:

- Enjoy an outdoor activity such as gardening, biking, hiking, or swimming.
- Read, meditate, listen to music, or watch a movie.
- Treat yourself to a hot bath, a gourmet meal, a weekend away.