

## self-care

Replenish your emotional and physical energy



## Taking care of YOU!

Incorporating self-care activities into your day is important to help replenish your emotional and physical energy and bring you back into balance with the right kind of fuel. If you are down, they bring you joy, if you are stressed, they bring you calm, if you are tired, they give you drive.

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### Relax

- Take a nap, pray, or meditate.
- Take a bath, sauna, or hot tub.
- Get a massage, manicure, pedicure, or facial.
- Lounge in front of a fire, in a hammock, or on a deck or patio.



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## Be Social

- Have a meaningful conversation with a coworker, family member, or friend.
- Go to a concert, sporting event, play, or comedy show.
- Host a game night, dinner party, or bonfire.
- Go out to lunch or dinner with colleagues, friends, or family.

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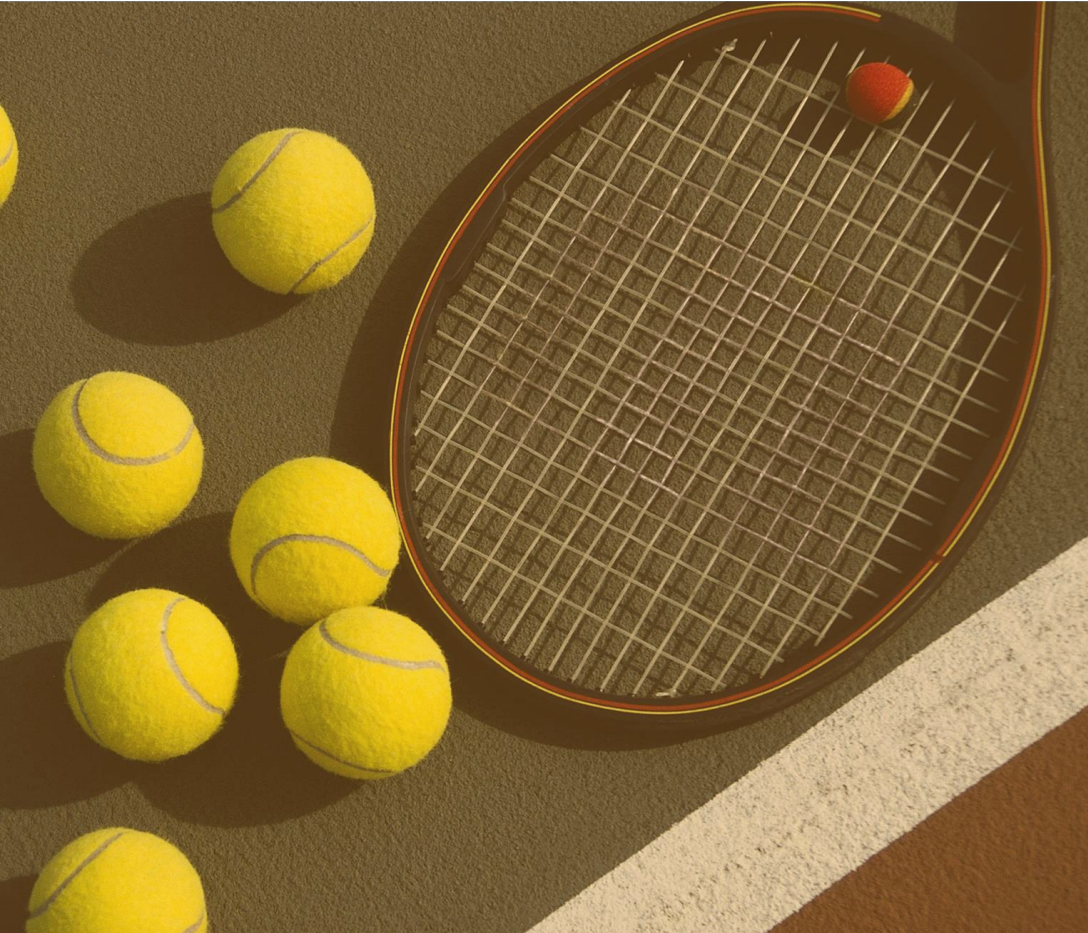
### Nourish Your Mind

- Read a book or listen to a podcast or audiobook.
- Do a jigsaw or crossword puzzle or play Sudoku.
- Journal, write a gratitude list, color, draw, or send thank you cards.
- Try a new hobby or craft (woodworking, painting, photography, knitting).



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## Get Moving

- Enjoy the outdoors (walk, hike, bike, inline skate, swim, kayak)
- Play a sports game (golf, volleyball, basketball, tennis).
- Turn on some music and dance or take an in-person or virtual fitness class.
- Enjoy play time with your kids or pets.