

Self-Care Strategies for Resilience

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.

Here are a few self-care activities to help you take a step back, breathe, and focus on your well-being.

Mind

- Have a daily routine
- Set goals each day
- Make a gratitude list
- Take breaks
- Practice mindfulness
- Read a book
- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time
- Journal
- Express your feelings



Body

- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore
- Practice meditation and yoga
- Take deep, slow breaths
- Take a bath or shower
- Eat something healthy
- Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance



Soul

- Ask for help
- Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow "feel good" social media
- Set boundaries for yourself
- Write a poem or short story
- Share something special
- Connect with whatever inspires you



Surroundings

- Create a "retreat" space
- Make your space comfortable and safe
 - Display something you like to look at
- Watch your favorite movie or show – or something you've been meaning to see
 - Join a virtual gatherings



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