Self-Care

What is self-care? It is the process of taking care of oneself with behaviors that improve health and management of illness when it occurs.

Here are recommendations for taking care of yourself:

1. **Make sleep and healthy sleep practices (also known as “sleep hygiene”) priorities.** Practice good sleep habits and create a sleep schedule based on your wake-up time. Prioritize seven to eight hours of sleep per night.

2. **Get regular exercise.** You don’t need a gym membership or nice workout clothes to get moving. Every little movement counts. Thirty minutes of moderate to vigorous activity per day is recommended.

3. **Eat healthy.** Nourish your body with five servings of vegetables and fruits a day. Increase your intake of fish, whole grains, and legumes, and limit your use of saturated fats, sugars, and processed foods.

4. **Limit alcohol use and avoid tobacco products.**

5. **Connect with people.** Get together with friends and family. When you’re not able to see them in person, connect with people by phone or video. Research shows that even a brief interaction with a stranger is helpful. Say hi and engage in brief conversations at the grocery store or other public spaces.

6. **Engage in preventive health care.** Keep up with your annual wellness exam and visits to specialists if recommended. Follow up on any tests that are ordered.

7. **Set goals and boundaries.** Make time to engage in activities that matter to you, and allow yourself to say no to requests or expectations that are harmful to you or misaligned with your values.

8. **Identify, challenge, and let go of distorted and unhelpful thinking.**