



Self Care Tips

- Remember it's okay to say "No" - you can't do everything for everyone.
- Say "Yes" to the things you know will help you relax or make you laugh.
- Make a list of the current things you are doing to take care of yourself:
 - Are you getting enough sleep?
 - Are you eating healthy foods that give your body what it needs?
 - Do you exercise, walk, run, bike, swim, do yoga? Do you want to do these things more?
 - What will that take?
 - What activities do you do that bring you joy?
- Make a list of the things you would like to do less of:
 - What are some things you can take off your plate or ask someone to help you with?
 - What habits do you have that you might want to change?
- Take some time to walk, breathe or meditate. Even 5-10 minutes of these things can make a huge difference in helping you feel grounded.
- Do a self care assessment and print out a self care plan from one of [these resources](#).

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