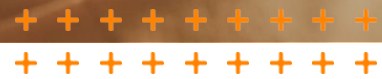




Self-care



Understand the art of self-care and why it's so important

Self-care is within our control

Self-care is defined as behaviors and habits which promote good physical health, psychological resilience, and subjective well-being.

Build resiliency to cope with stress

Resiliency helps us recover or adjust to misfortune or change. Here are some ways to build resiliency:

- + Cultivate and maintain supportive, positive relationships
- + Accept that some circumstances can not be changed
- + Set realistic goals and work towards them
- + Think positively about the future
- + Keep things in perspective and learn from mistakes

Improve your self-care

Try these tips:

- + Stick to a regular sleep schedule
- + Participate in regular physical activity
- + Complete an errand or task for an elderly family member or friend
- + Send a note to someone to brighten their day
- + Do something enriching or creative
- + Set reasonable expectations for your day
- + Ask for help when you need it from your primary care provider, a mental health professional or spiritual leader

Create a self-care strategy

Defining your self-care strategy is about first, getting to know yourself. Each person's strategy is based upon one's own values and needs, and is unique to the individual. Get started by:

Aligning your behaviors with you values and needs

- + Know what makes you happy and start engaging in more of these behaviors
- + Reduce behaviors that contradict your needs or values

Getting in tune with your emotional state

- + Learn to clearly identify and differentiate your feelings in times of stress. This will result in a healthier stress response.

Recognizing that self-care does not mean avoiding discomfort

- + Choices that are uncomfortable in the short-term often promote long-term well-being



Take action

- + Work with a [Providence Health Coach](#)
- + Incorporate mindfulness into your day using an app like [Headspace](#), [Calm](#) or [Insight Timer](#)
- + Listen to the Providence Health Coaching podcast, [Healthy Bites](#)

