



# SELF-CARE TIPS



## THE SCIENCE OF SELF-CARE

### Welcome to a healthier you!

Have you ever considered that taking care of yourself is an essential and important skill to have? Self-care has the potential to make you feel confident, content, and fully equipped to handle whatever challenges may come your way throughout the day and week!

When we talk about self-care, we are referring to the activities that promote the well-being of both your body and mind. Building self-care practices and incorporating them into your normal routine will help you to be best prepared to show up for the things and people that are most important to you.

Self-care practices can help you to better manage stress! Often, during times of stress, our minds and bodies can feel overwhelmed and depleted. Self-care activities play a huge role in helping you to recharge and handle stressful or challenging situations better.

### Let's see how self-care activities work their magic:



**Empowering Energy:** Self-care activities provide an energy boost! Whether you prefer to go on outdoor adventures, practice yoga poses, or dance to your favorite songs, moving your body helps your body to release chemicals that promote calm and a greater sense of well-being.



**Building Resilience:** When it feels like stress is starting to take over, self-care activities can come to your rescue! Practicing deep breathing, mindfulness exercises, or engaging in calming habits such as journaling or listening to soothing music can help your mind unwind.



**Seeking Shelter in Happiness:** Self-care activities create a shield of happiness around you, acting as a safeguard against worries and stress. Pursuing activities you love—like reading a favorite book, enjoying a fun hobby, or sharing moments with the people you love—will help you to better overcome negative thoughts and feelings.



**Enhanced Concentration:** Self-care activities boost your focus capabilities significantly! When you prioritize self-care, your mind takes a break from the chaos of constant thoughts and distractions. This allows you to enhance your concentration, whether it's for work, hobbies, or other endeavors.

Remember, everyone, self-care practices serve as specialized tools within your personal arsenal. Utilize them whenever you need an extra dose of strength, tranquility, happiness, or focus. It's vital to attune yourself to the needs of your body and mind and set aside time for self-care every single day. You absolutely deserve it!

**Building self-care habits into your daily and weekly routines will help you to better handle stress and improve your overall well-being, take care!**

## SELF-CARE ACTIVITIES

- Affirmations
- Relaxing
- Quality Time
- Journaling
- Creating Art
- Enjoying a Hobby
- Sleeping
- Unplugging
- Mindfulness
- Expressing Feelings
- Eating Healthy Foods
- Enjoying a Treat
- Breathing Exercises
- Getting into Nature
- Reading a Book
- Soaking In Vitamin D

## FREE RESOURCES



- Toolkits
- Fitness Classes
- Nutrition Classes
- Telehealth Coaching
- Education Materials
- Related Resources

[ItsTimeTexas.org/Toolkits](https://ItsTimeTexas.org/Toolkits)



Follow us @ItsTimeTX



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.

