

The basics of **self-care**



Eat well

A well-balanced diet provides the fuel your body needs to operate at its most effective.



Get healthy sleep

Give yourself energy for the day – not too little and not too much, generally 7-9 hours.



Reach out

Reach out to friends and family regularly and find ways to be together safely.



Be active

Keep a healthy routine, get exercise and walk outside – nature is good for the soul.



Reduce your stress

Make time to do things that bring you joy.

Self-care requires paying attention to your emotional and physical needs.

And if you find you're not being successful overcoming your obstacles to mental health, it's time to reach out to a counselor or your primary care provider to begin a conversation and make a plan.



OSF HEALTHCARE

Health Basics

Lei Shi



Health Basics:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Health Basics** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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