

# *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

**Michael Rajnik**



## Health Basics:

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Health Basics** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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