

# SELF-CARE CHEAT SHEET



More than a hashtag, self-care is important to maintaining your physical and mental health. Here are some simple steps you can take.

## GET SOME REST

Shoot for 8 hours of sleep a night. Nap if you need to. Take a break. Make a point to tell yourself "I'm resting now" at least once a day.



## DRINK SOME WATER

Your body is roughly 60% water, and you're probably not drinking enough of it.

Get yourself a cup or a bottle with a straw. It's an easy way to up your water intake.

## MOVE YOUR BODY

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. You don't have to go for a run or sweat for hours in the gym, just move!



## CALM YOUR MIND

Take 5 minutes every day and just breathe. Learn to meditate. Be still. Center yourself. Learn to sit with your thoughts and feelings without acting on them.

## ENJOY YOURSELF

Do something every day that makes you laugh. Connect with your friends. Watch a favorite movie or T.V. show. Get outside. Live your life!

