

# The Six Self-Care Strategies

Self-care can look different for everyone; what works well for one person may be extremely challenging for another. That's why it's best to set yourself up for success by focusing on the self-care strategies that you are most likely to do consistently, while encouraging your team members to choose the strategies that work best for each of them.



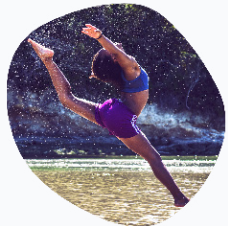
## SLEEP & RELAXATION

Getting a good night's sleep and taking time to relax has some serious benefits for both your mind and body. Having a wind down routine and knowing how to reset your nervous system can help you feel happier, healthier, and better able to handle stress during the work day as well as in your personal life.



## NUTRITION AND HYDRATION

All nutrition experts agree on a few things: We can all benefit from more whole foods— straight from nature. Quality is much more important than quantity. Eat less processed foods, or choose packaged foods with a shorter list of ingredients. Nutritious foods support your physical health as well as your mental health.



## MOVEMENT/EXERCISE

Any movement is better than no movement. It might help to know that your lymphatic system (responsible for defending against bacteria, viruses and cancer cells, and for removing toxins) only activates when you move. Set a reminder to get up from your desk as often as possible.



## PROCESSING EXPERIENCES

Processing experiences can involve sitting around a fire and sharing stories, which is something our ancestors did for thousands of years. But there are many ways to process daily experiences. Be sure to find opportunities to journal or share your day with people who are good at listening without trying to solve anything for you.



## SENSE OF PURPOSE/MEANING

Contributing to something larger than yourself has been shown to be very important to our wellbeing. Maybe you get a sense of purpose or meaning from the work you do. Volunteering, taking care of pets, raising little humans or caring for older adults can also give you a strong sense of purpose.



## CONNECTION TO LIVING THINGS

Having a sense of connection to living things involves developing and maintaining friendships with people or family, but it can also involve spending time with animals and connecting with nature.