



Self-Care: The Importance of Loving Ourselves

Life is busier and more hectic than ever these days. Restoring balance in our lives is especially essential to our overall well-being and mental health.

Incorporating daily self-care practices requires dedication and practice. Everyday take a moment to pause and refuel yourself.

Self-care improves our mood, strengthens our immunity, and increases positive thinking. It can decrease stress, depression, and anxiety while preventing burnout. Taking care of our spirits, dealing better with difficult times, and getting professional help if needed are tools we can all use to feel stronger and more hopeful. Visit the Mental Health America website for tools and tips at <https://www.mentalhealthamerica.net/ten-tools>.

Physical: Taking care of our body will increase energy levels and can boost self-esteem.

Mental: Find the balance between stimulating your mind and letting it rest.

Spiritual: Spiritual self-care can help us find more meaning and purpose in life.

Social: Activities that nurture and deepen the relationships we have with others allow for stronger bonds and help to create a sense of belonging and acceptance.

Emotional: Nourishing emotional self-care allows for a better understanding of ourselves and the ability to cope with challenges.

Restoring balance in our personal and professional lives is a state of mind created by daily habits – connecting with others, staying positive, and creating joy and satisfaction are proven tools that can help strengthen our mental health. There are different dimensions of self-care and it is not a one-size-fits-all pursuit – we get to create our own self-care plan!

Love the person you are – figure out what makes you happy and do more of it!