



## Self Care Tips

Self Care Tip 1-Daily Retreats-small breaks, deep breath, exhale slow, 5 minute walk away from work station.

Self Care Tip 2-Rest-Get sufficient rest each night.

Self Care Tip 3-Nutrition - eat a balanced diet - lean meats, fruits, veggies, drink plenty of water.

Self Care Tip 4-Exercise-regular physical activity reduces the effects of stress. Try a 30 minute walk each day.

Self Care Tip 5-Connect with God-daily time in the Bible, prayer, devotion. Allow time for personal reflection.

Self Care Tip 6-Get Organized-set realistic daily schedule that includes rest, relationship/family and fun.

Self Care Tip 7-Slow Down-always on the run? Don't schedule too many things in one day, plan your time efficiently.

Self Care Tip 8-Say No-Don't accept every invitation/opportunity. Allowing someone else to serve helps you and them.

Self Care Tip 9-Reach Out for Help. Talk with friends; seek professional help.