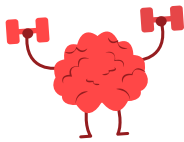




SELF CARE

This toolkit provides examples of self-care in the forms of rejuvenating practices, routines, meditation, nutrition, and exercise suggestions, and examples to differentiate between self-care and things that actually cause more harm than good to the self.



Meditation

Some people find that 10 minutes of meditation can be settling for the mind and body in the morning.



Nutrition

Make eating a nutritious meal full of whole foods one of your top priorities each day.



Exercise

Carve out time in your week to exercise to avoid feeling lethargic.



Setting Boundaries

Saying no is part of setting boundaries. If no boundaries means little space and time for yourself, then set some.



Relaxation

Take time to be at peace, to soften your muscles and bring ease to the mind.



Limit Screen Time

Try limiting screen time throughout the day, be by taking breaks at work or limiting screen time at home.

TRY ADDING TO YOUR ROUTINE

Morning

- Wake at sunrise
- Drink warm water with lemon
- Wash your face, mouth, teeth, and eyes
- Exercise
- Bathe
- Meditate
- Eat a satiating and nutritious breakfast

Afternoon/Evening

- Take time to relax before dinner
- Eat a light dinner and then sparingly afterward (helps sleep)

Nighttime

- Stop using screens by 8 or 9 p.m.
- Avoid mental stimulation in TV or heated conversations, etc.
- Take a warm and relaxing bath
- Read an easy, light book.
- Bedtime at 10 p.m

[Visit the Self Care Toolkit Deck here for more information.](#)

