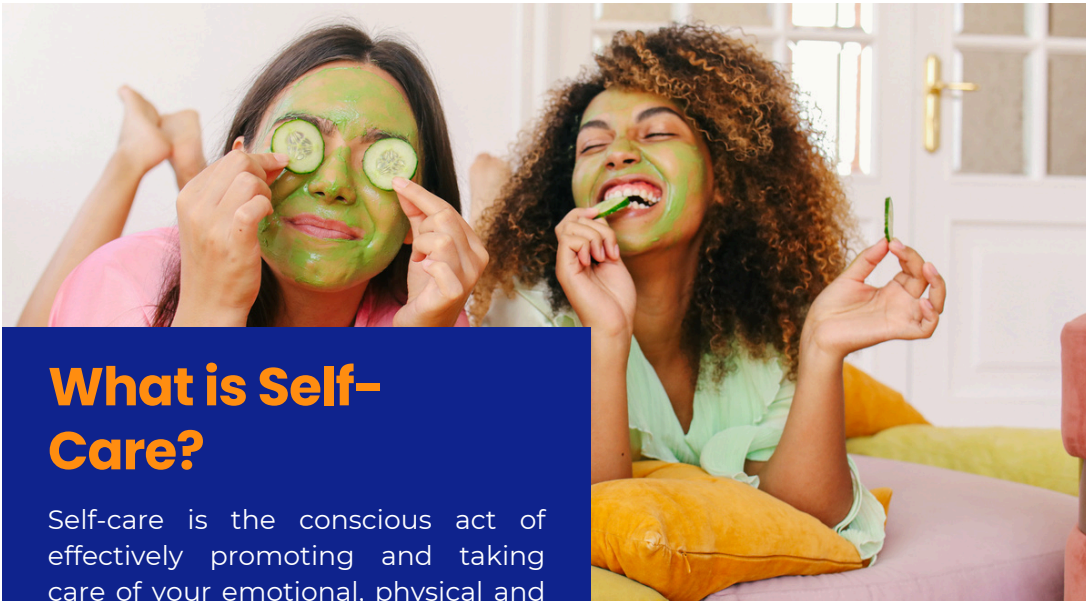


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MONTHLY NEWSLETTER

SELF-CARE



What is Self-Care?

Self-care is the conscious act of effectively promoting and taking care of your emotional, physical and mental well-being. In short, it is about caring for yourself.

Why is it important?

We are living in a time where we are expected to push the limits to be productive in our work and our personal life. Without spending some time on self-care, we might get burned out and be less effective and productive in the long run. Not only that, self-care makes living a little more fun and enjoyable.

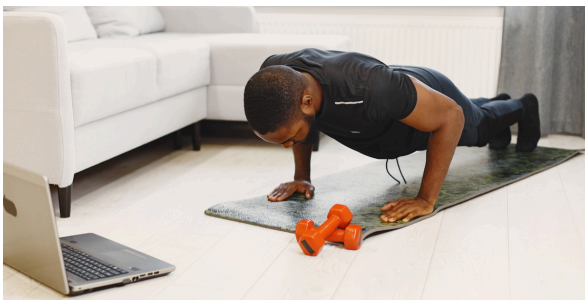
Self-Care Tips

These are some suggestions but ultimately, please continually assess all areas of your life to assess your needs, identify stressors, the appropriate self-care activities that would work for you and scheduling a time for them.

● Suggestions on Physical Self-Care

- Eating a well balanced diet
- Sleeping 7-9 hours a night for an adult
- Exercising
- Stretching
- Drinking enough water
- Practicing good personal hygiene

Caring for our physical self is important in order to ensure that we don't fall sick and our body is running efficiently.



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● Suggestions on Emotional Self-Care

- Set boundaries
- Identify emotional triggers
- Have some alone time
- Deep breathing
- Meditation
- Practice gratitude
- Connect with your close friends and community
- Keep a mood diary

It is important to have healthy coping skills to manage uncomfortable emotions, and to ensure that you have the emotional capacity to manage and adapt to stressful and difficult situations.



Enjoy time with friends!



● Suggestions on Mental Self-Care

- Reading books
- Practicing self-compassion for a healthier inner dialogue
- Doing puzzles
- Playing games
- Practice mindfulness
- Taking a break
- Learning a new skill

Don't forget to stimulate your mind to keep it sharp and speak to your self kindly for a healthy mind.