

# **5 Daily Self-Care Tips to Improve Your Overall Health & Wellbeing**

**Self-care is crucial for creating a healthy balance in your life. Self care allows you to recenter, refocus, and re-energize. Practice these 5 daily self-care tips to reap the health and wellbeing benefits.**

## **1. PRACTICE GRATITUDE**

Gratitude is strongly and consistently associated with greater happiness. Gratitude helps you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and build strong relationships.

- Keep a gratitude journal. Name 5 things for which you are grateful every day.
- Write a thank you note to someone expressing your appreciation for their impact on your life. You can mail it, text it, share it over the phone or deliver it in person. You will feel happier and likely make their day too!
- Perform an act of kindness each day. Hold a door open. Offer someone a compliment. Smile at a stranger.
- Tell someone that you love them.

## **2. TAKE CARE OF YOUR PHYSICAL HEALTH**

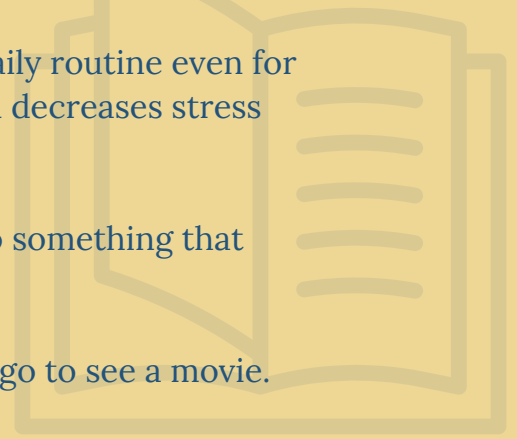
Physical self-care is the most basic and important type of self-care. It is important to take care of your body so it can function efficiently, fight off illness and heal properly.

- Move your body in some way at least 10-15 minutes per day.
- Sleep 8 hours per night and eat a balanced diet.
- Stay well hydrated. Drink at least 8 glasses of water per day.
- Practice good body hygiene such as brushing your teeth, taking a warm shower, and washing your hands.
- Get a massage.

### 3. DO ACTIVITIES YOU ENJOY

Incorporating enjoyable activities into your daily routine even for short periods of time increases happiness and decreases stress levels.

- Write, sing, dance, read, color or paint. Do something that sparks creativity and inspires you.
- Take your dog for a walk or to a dog park.
- Catch up on your favorite Netflix show or go to see a movie.
- Listen to music.
- Light a candle and enjoy a cup of coffee or tea.



### 4. CONNECT WITH OTHERS

Close relationships and connecting with others is important for your well-being. Everyone's social needs are different. Prioritize time in your schedule to meet your specific social needs. Ask for support when you need it.

- Visit a friend or meet up for lunch.
- Talk to someone you trust.
- Schedule a date night with your significant other.
- Play a game with your children.
- Host a family dinner.
- Volunteer or join a book club.



### 5. SPEND TIME OUTDOORS

Spending just 20 minutes in nature improves mental and physical health regardless of the activity. Boost your mood, lower your blood pressure, slow your heart rate, and reduce stress by spending time outside.

- Sit outside to soak up the sun.
- Walk bare-footed on the grass.
- Water your plants. Smell the flowers.
- Go for a walk or a swim.
- Play an outdoor game with your kids or fetch with your dog.

