

# Why Practicing Self-Care is Important

## What is self-care and why is it important

Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Taking breaks and caring for yourself helps restore energy, produces positive feelings and boosts your confidence. Practicing self-care reminds yourself and others that your needs are important too.

Ready to start practicing self-care, but don't know how? Here are some ideas to get you started!

### **Go for a walk/hike**

- **Practice deep breathing**

### **Read a book**

- **Meditate or do deep breathing for five minutes**

- **Start a journal**

- **Do something that brings you joy**

- **Listen to your favorite playlist**

- **Call someone you love**

- **Have a hot cup of tea**

- **Binge watch your favorite Netflix show**

- **Do a digital detox**

Adapted from:

your physical, emotional and mental well-being. It helps you recharge and be a better and happier you.