

Self-Care Strategies for Resilience

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.

Mind

- Start a gratitude journal
- Take a break
- Set an intention for the day
- Start a project (woodworking, paint a room)
- Get creative (draw, paint, make music)
- Try something new
- Acknowledge something you've done well lately
- Read a book
- Express your feelings

Body

- Go for a walk, run or bike ride
- Drink a cup of tea
- Do yoga
- Do some pushups
- Prepare your favorite meal
- Hit the driving range or batting cage
- Get a massage
- Breathe slowly three times
- Take a bath

Scenery

- Get out into nature
- Make an area of your home tidy and comfortable
- Watch a sunset or sunrise
- Go for a drive with the windows down
- Go to the dog park
- Frame a favorite photo and put it where you can see it
- Watch a sporting event
- Meet a friend in the park
- Put on your favorite song
- Go to the movies

Soul

- Volunteer for a cause
- Ask for help (or a hug)
- Tell someone you love them
- Follow social media that makes you feel good (and filter out the rest)
- Leave work on time (to rest and restore)
- Set boundaries for yourself
- Write a poem
- Call a friend