

## Office of Care & Civility

# SUGGESTIONS FOR SELF-CARE

### 1 Get quality sleep.

Sleep is important for rest and recharging. The CDC recommends that adults get 7 hours or more of sleep a night. Naps can also help!



### 2 Get moving!

There are several benefits that come from regular exercise and it's an important part of self-care. Even just a few minutes a day can be beneficial!

### 3 Be kind to yourself.

Practice self-compassion. Don't be too hard on yourself and try to be positive. It can do wonders for your mental health!

### 4 Eat well.

Make sure you are providing your body with good fuel. Try not to skip meals. If you have a rough day, grab a favorite healthy snack and drink enough water.

### 5 Find ways to relax and unplug.

Try practicing yoga, journaling, or meditating. Make sure you take time to unplug from technology and give yourself some down time.

