Self-Care

Most of us are so busy rushing here and there, getting things done and taking care of others that we can sometimes forget to take care of ourselves. It is not selfish (in a negative way) to take care of yourself. Rather, it’s vital for your own physical, emotional and mental health, and if you don’t take care of yourself, at some point you’ll run yourself ragged and you won’t be able to do all of the things you normally do.

Good self-care includes the following:

* Getting sufficient sleep
* Using relaxation techniques
* Getting an adequate amount of exercise
* Eating healthy foods and eating in moderation
* Limiting your caffeine intake

Click on any of the links below to get strategies that will help you take better care of yourself:

Stress management

Assertiveness strategies

Problem-solving

Procrastination

Self-talk

Rational thinking