WHAT IS SELF-CARE?

Self-care is a set of deliberate actions people take for themselves to establish, improve, or maintain mental, physical and spiritual wellness. The concept of self-care includes:

1 HYGIENE
The way you maintain cleanliness, both generally and personally.

2 LIFESTYLE
How you engage in physical exercise and leisure activities.

3 ENVIRONMENTAL FACTORS
This includes your living conditions and social habits.

4 SOCIO-ECONOMIC FACTORS
Your income level, cultural beliefs, education and social support system.

5 NUTRITION
The type and quality of food you eat.

WHY IT'S IMPORTANT

We care about you! You deserve to be the very best version of yourself, both personally and professionally, and we are here to support you in your self-care.

Studies show that prioritizing self-care increases productivity, reduces stress and anxiety, and improves your sense of self-worth.

Check out a full list of employee resources!

WAYS TO PRACTICE SELF-CARE

GET SOME SLEEP
Get 7-9 hours of sleep each night to improve your focus, decision-making skills, memory and creativity.

GO OUTSIDE
Sunlight triggers the release of serotonin, which helps you feel happier and less anxious.

REST YOUR MIND
Meditation can reduce anxiety, depression, headaches, insomnia and more.

STRETCH IT OUT
Stretching increases blood flow and circulation to your muscles and brain.

WRITE IT DOWN
Journaling boosts your mood and reduces symptoms of depression.

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