

A HEALTHY RESET:

SELF-CARE PRACTICES FOR OPTIMAL WELL-BEING

Self-care means taking the time to engage in activities and/or with people that help you live and be well. Let's focus on activities that help us feel grounded, connected, and well. Check off or write-in any self-care activities you complete this month.



PHYSICAL WELL-BEING

- ☐ Move your body for 30-minutes three times per week.
- ☐ Consume one serving of fruit and/or vegetables per day. Drink an additional 20 oz. of water daily.
- ☐ Power down all electronics one hour before bed to optimize sleep.



EMOTIONAL WELL-BEING

- ☐ Create one new boundary this month to bring you back in alignment with your own values and wants. Dealing with hard emotions? Gently move through these hard emotions with a [RAIN meditation practice](#). Consider swapping out negative, self-deprecating thoughts with one or more of [these positive affirmations](#).
- ☐ You don't have to go it alone! Seek spiritual counseling or professional support.

SOCIAL WELL-BEING

- ☐ At least one time/week, send a text to a good friend to check in on them. Two times this month, engage in one of your favorite hobbies.
- ☐ Connect with nature and check out one of the [nature centers in Mecklenburg County](#) or a nature center in the county where you live. One time this month, plan a social event with your family and/or friends.
- ☐ Get social and volunteer in your community!