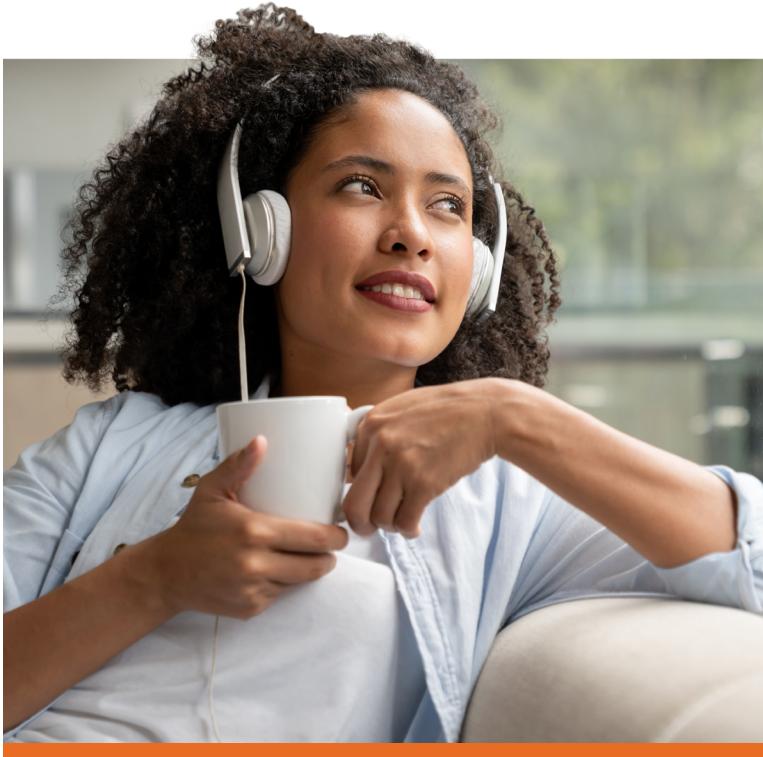


# Self-care is *not* selfish

Making time for yourself is important – no matter your age! Taking care of all your needs can help you be your most healthy and well self.

When was the last time you really tuned in to how you are feeling overall – your body, mind, emotions and social connection? Often people are busy and even on auto pilot with all of the day-to-day “stuff”. With work, chores, family and all the things, it is easy to lose focus on the basics that can help keep us happy and healthy overall.

So, if it has been a while, here is an easy way to check-in with yourself and see if you are due for some self-care.



## Take our self-care quiz!

	YES	NO
My energy levels are good.	<input type="checkbox"/>	<input type="checkbox"/>
I am up to date with annual wellness and/or dental visits.	<input type="checkbox"/>	<input type="checkbox"/>
I eat well most of the time.	<input type="checkbox"/>	<input type="checkbox"/>
I get a good night sleep most nights.	<input type="checkbox"/>	<input type="checkbox"/>
I have time to relax or be alone.	<input type="checkbox"/>	<input type="checkbox"/>
My stress levels are low.	<input type="checkbox"/>	<input type="checkbox"/>
I feel supported by the people around me.	<input type="checkbox"/>	<input type="checkbox"/>
I feel connected to others in a way that is meaningful to me.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “no” to one of more of these statements, you probably need some self-care.

## 5 self-care ideas

### 1 DO WHAT YOU ENJOY.

Read a book, paint, put together a puzzle, or sit down and watch your favorite show.

### 2 GET OUTSIDE.

The cooler weather this time of year can make it enjoyable to take a walk or go to the park and hit the trails.

### 3 BE SOCIAL.

Connect with friends or family, or connect with others at your local community center, gym, place of worship or work.

### 4 SLOW DOWN AND TUNE OUT.

Block “you time” on your calendar. Pause and let yourself be quiet or just do what you enjoy, meditate, journal or reflect.

### 5 FOCUS ON WHAT YOU ARE GRATEFUL FOR.

Take a few minutes to just think about small things you are grateful for.



*Remember,  
self-care is  
not selfish.*

**Try to take time  
for yourself at  
least 2-3 times  
a week.**