

SELF-CARE

THE GIFT THAT KEEPS YOU GOING

Engaging in self-care helps you tend to your own emotional, physical, and mental needs. When we have a healthy practice of self-care activities, we are less likely to resort to unhealthy practices like heavy drinking, using drugs, and other risky behaviors to cope, escape, or boost our mood. Indulge in wellness by improving your social, spiritual, mental, and physical self with these self-care tips and techniques.



SOCIAL CIRCLE

Call a friend, join a L.I.N.K.S. workshop to meet new people, or volunteer with the Volunteer Program. Interacting with others is a great way to promote social self-care.



MINDFULNESS

Stop and take a deep breath. Intentionally setting aside time to reset will keep you calm and focused to promote mental self-care.



HUMOR

Watch a comedy at an MCCS Movie Theater, or have a great laugh with friends. Laughter relaxes the body and releases the body's "feel good" hormones.



NEW HOBBY

Explore new and long lost hobbies. Visit the MCCS Auto Skills Center or bowl a few frames at the MCCS Bowling Center. You might find a new favorite activity.



HAPPY MEMORIES

Engage your senses. Certain sights, smells, sounds, and tastes can bring back happy memories. What would you like to remember?



LISTEN TO MUSIC

Play your favorite songs and sing along. Listening to your favorite songs may decrease stress, increase happiness, and improve your physical fitness.



BALANCED DIET

A balanced diet contributes to your overall physical, mental, and emotional wellness. Your local Health Promotion Coordinator will be able to assist in getting your balanced diet on track.



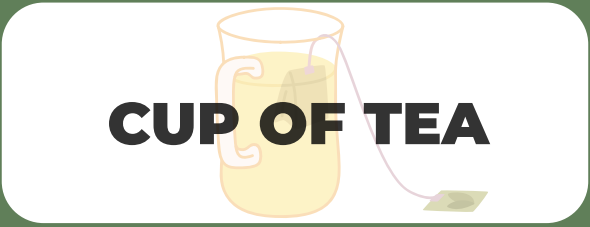
NEW SCENERY

Take a different route to work or try a different Semper Fit workout. Switching up your routine can boost your mood and creativity.



JOURNALING

Write about your day, mood or thoughts. Journaling can help you destress, sort out your thoughts, and learn more about yourself.



CUP OF TEA

Brew a cup of your favorite tea flavor. The warmth of the tea will help relax your nerves and muscles.



SLEEP WELL

Set a consistent bedtime. Avoid caffeine, alcohol, and nicotine before bed which can interfere with sound sleep. The MCCS Health Promotion team can give you tips on how to get better sleep.