



Advocate Self Care Ideas:

1. Eating right, getting proper nutrition,
2. Drinking enough water. Just a 2% dip in body hydration can cause fatigue, headaches, and depression, as well as a 20% loss in energy!
3. Enjoying some form of physical activity every day. A morning (or evening) walk is all it takes.
4. Taking your vacation time
5. Taking your sick time when you are feeling low or like you might be getting sick.
6. Learning a new skill
7. Paying your bills on time
8. Finding a professional mentor to discuss your work goals and challenges
9. Organizing your desk
10. Setting boundaries with co-workers friends and family
11. Saying yes to the next project that will stretch your skills and teach you new ones
12. Saying no to the next project that is boring and time consuming
13. Monitoring one's emotional bank account, ensuring you have emotional support on ongoing bases.
14. Knowing one's limits.
15. Being self aware of physical and emotional pain. Asking for help when you need it. Knowing who can and can not offer the help that you need.
16. Scheduling time to review your self-care strategies. Checking in at least once a year at your birthday to see how effective your self-care system is working
17. Being creative, creating poetry, music, or collage
18. Keeping a journal
19. Learning to meditate and meditating regularly
20. Organizing your home and removing the clutter
21. Read up on self-care techniques and strategies. Take time to thoroughly explore ways to take better care of yourself
22. Finding the right personal balance of time with others and time alone. Spending enough alone time to recuperate and recollect one's thoughts

Note: Remember that self-care and comfort are different effects. Both are essential. Think of self-care as listening to the varied needs of your personal life and comfort as an easing of discomfort; which may include indulging in activities that are not good self-care. In the absences of self-care obsessive comfort seeking can actually elevate one's stress level.