



Take Care of YOU

A Health and Wellness Bulletin | December 2023



Self-Care in 10/30/60 Minutes

In our quest to care for others and meet our ever-growing list of external demands, it's easy to neglect our own well-being. However, the airplane safety analogy holds true—secure your own oxygen mask before assisting others. Taking care of yourself is not selfish; it's a prerequisite for being able to care for others effectively. By planning time each day to invest in self-care, you replenish the energy you need to be present for loved ones and tackle daily tasks with a positive mindset. Here are simple activities you can do for yourself based on three time intervals – 10 minutes, 30 minutes, and 60 minutes.

10 Minutes – Write a gratitude list. Set a positive tone for your day by jotting down three things you're grateful for. Connect with loved ones. Send a quick text to a friend or family member. Social connections matter! Enjoy a cup of tea. (Or coffee, or lemon water, or a smoothie.) This can be a small, comforting ritual. Take a stretch break. Give your body a quick boost in circulation and release of tension. Enjoy a breath of fresh air. Open your windows or go for a short walk to clear your mind. Meditate. Center yourself and cultivate mindfulness.

30 Minutes – Do a workout routine. Energize your body, boost your mood, and revive your productivity. Take a music break. Play your favorite song or playlist for a musical pick-me-up. Free write. Grab a notebook and let your thoughts flow. Declutter your space. A clean environment contributes to a clear mind. Take a relaxing shower. Enjoy a leisurely shower to wash away the stresses of the day.

60 Minutes – Cook a healthy meal. Nourish your body with a delicious, home-cooked meal. Read a book. Dive into a good story to unwind and escape. Call a loved one. Surprise a friend or family member with an impromptu just-because chat. Go for a walk. This is a great way to clear your mind and reconnect with nature.

As you embark on your self-care journey in the new year, remember that it is a continuous process, not a one-time event. By incorporating these and other manageable activities into your daily routine, you're laying the foundation for a healthier, more balanced, and fulfilled version of yourself. Your future self thanks you!

Daily Self-Care Habits Countdown

- 9 Thousand steps
- 8 Hours of sleep
- 7 Glasses of water
- 6 Minutes of meditation
- 5 Servings of fruits & veggies
- 4 Stretch breaks
- 3 Meals & healthy snacks
- 2 Hours of no technology
- 1 Exercise session