



10

Self-Care Practices
to Optimize Well-being





PRACTICE #1:

SLEEP

Sleep and mood are closely connected, so aim for 7-9 hours of sleep/ night to optimize both.





PRACTICE #2:

SUSTENANCE

Food and hydration choices affect mood, motivation and concentration, so focus on balance and moderation and sip water throughout the day.





PRACTICE #3:

SUNLIGHT

Spending 15 minutes outdoors everyday boosts “happy hormone” levels, so go soak up some rays.





PRACTICE #4:

SPORT

Exercise (of any kind) for 30 minutes a day has both brain and body benefits, so aim to move your body every day.





PRACTICE #5:

SUPPORT

Social connection improves immunity, emotional regulation and mental health, so reach out to others for support.





PRACTICE #6:

SPIRITUALITY

Focusing on acceptance, hope, meaning, purpose, and forgiveness enhances our sense of wellbeing, so build daily practices that will help promote this focus.





PRACTICE #7:

SERVICE

Volunteering improves mood and increases overall life satisfaction, so look for opportunities to get involved in causes that matter to you.





PRACTICE #8:

STRESS

Chronic, unmanaged stress negatively affects our brains and bodies, so look for ways to proactively manage it.





PRACTICE #9:

SUBSTANCE

Abuse (or disordered use) of substances can trigger or worsen mental illness or symptoms, so be alert to new or increased use in response to (emotional) stress.





PRACTICE #10:

SCREENS

More than 1 hour a day of screen time affects our mental health and sleep, so identify and manage your patterns of usage.





AND REMEMBER...

*“Self-care is not self-indulgence,
it’s self preservation.”*

Audre Lorde
Feminist & Civil Rights Leader





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