

Do things you enjoy.

Self-care isn't complicated—all it means is taking time to do things that make you feel good. This includes activities that you find fun, relaxing, or energizing. They can be as simple as reading a book or as big as taking a vacation.

Take care of your health.

This means eating regular meals, getting enough sleep, exercising, caring for personal hygiene, and anything else that maintains good health. These forms of self-care might not give instant gratification, but they will help you feel good in the long run.

Give yourself permission to relax.

When life gets busy, self-care is often the first thing to go. Set boundaries around self-care, even if that means scheduling “me time” on your calendar or saying “no” to invitations from others.

Set specific self-care goals.

Vague goals like “I will take more time for self-care” rarely work. Instead, set clear goals like “I will walk for 30 minutes every evening after dinner.”

Make self-care a habit.

Just like eating one apple won't make you healthy, practicing self-care once won't fix stress. Find activities that can become a normal part of your day. For example, try making your lunchtime sacred. Savor your meal and take a short walk instead of working while you eat.

Limit unhealthy self-care.

Sometimes you just want to turn off your brain, munch on some chips, and scroll on your phone. These habits are okay in moderation, but try to prioritize healthier self-care options.