



Muhlenberg College

## Self-Care Isn't Selfish



***Are you making time for Good Health?*** Self-care is an important part of everyday life that is frequently overlooked due to competing priorities.

Self-care is comprised of many things including: care of mind, connection to self and your relationships, physical and emotional health, environment, and effectively managing time and resources. “Self-care flows from an intention to stay connected to oneself.”<sup>1</sup>

### **Be actionable with your self-care:**

- Be true to yourself and try not to self-criticize.
- Stay focused and minimize distractions. Make a list of three things you want to accomplish each day, then determine if other requests take precedence.
- Surround yourself with positive people. Healthy relationships are critical to supporting your efforts.
- Get enough sleep to recharge your mind and body.
- Use an activity log to track your daily activities and adjust accordingly. You might be surprised what you are spending (or wasting) time on!
- Create a positive environment in your workspace with pictures and inspirational sayings.
- Accept a compliment by saying thank you.
- Practice daily affirmations to help generate confidence.
- Spend time with a pet.
- Practice mindfulness. There are many great tools and apps available to help.
- Read a good novel.
- Relax! Try yoga, get a massage, or watch funny YouTube clips.



### **Manage Your Priorities – Learn to say “No”**

Learning to say no is hard; we often feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or pressed for time, saying yes to coworkers or even loved ones can cause burnout, anxiety, and irritability.<sup>2</sup>

Self-care is not selfish. By taking care of yourself – with proper rest, relaxation, nourishment and physical activity – you will ultimately have more to give others.<sup>3</sup>