
STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

Small Acts of Self Care

Self care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self care can help you manage stress, lower your risk of illness and increase your energy. Even small acts of self care in your daily life can have a big impact. Here are some tips for your self care...



- » Exercise when you're able.
- » Eat healthy meals and drink plenty of water.
- » Relax with meditation, music, prayer, journaling or deep breathing.
- » Take a break when you can to walk, breathe or stretch.
- » Ask for help when needed.
- » Go to sleep and wake up the same time each day.
- » Spend time with your social network.
- » When stressed, take deep soothing breaths, making your exhale longer than your inhale.
- » Contact the EACC for confidential counseling services.
- » Remember you can't take care of anyone until you take care of yourself.

What are you doing for your self care today?