

# GALINOS MEDICAL CLINIC, INC

## **SEVEN WAYS TO PRACTICE SELF-CARE**

There's no right or wrong to practice self care. Here are a few tips for you to try!

### **1. GET AMPLE OF REST**

Enough sleep of seven to nine hours for adults- is important for maintaining your physical and mental health. It can increase energy and brighten your mood.

### **2. KEEP TRACK OF YOUR ACCOMPLISHMENTS**

Keep a record of your accomplishments to remind yourself of how far you've come and to motivate you to continue working hard.

### **3. EXPRESS GRATITUDE**

Be grateful for the little things! By showing your gratitude toward other people, you create a positive environment for yourself and the people around you.

### **4. SCHEDULE TIME WITH LOVE ONES**

Spending time with a friend or family is a great way to help your mental health. They can help encourage you and help you express your emotions.



### **5. SPEND TIME ALONE**

If you're someone who spends a lot of time surrounded by people, it could be beneficial to spend time by yourself. Taking time to be alone with your thoughts, listening to music or watching a favorite film are all great ways to relax.

### **6. EAT SOMETHING YOU ENJOY.**

Treating yourself to some desserts can sometime improve your mood, but don't do it everyday. Find some healthy meal options and treat yourself in moderation.

### **7. SET GOALS**

We all have long-term goals that we strive for, but setting and accomplishing smaller, short-term goals are important too. It can help put you in a better mindset to achieve some of your other long-term goals

SOURCE: [www.herzing.edu](http://www.herzing.edu)