

A Beginners Guide to Self-Care

What is self-care?

“ Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

- World Health Organization

Simply put, self-care comprises of anything involved with managing our psychological and physical wellbeing, supporting better health.

Why should self-care matter to you?



Increased Efficiency & Innovation within the Healthcare System



Disease Prevention



Improved Mental Health

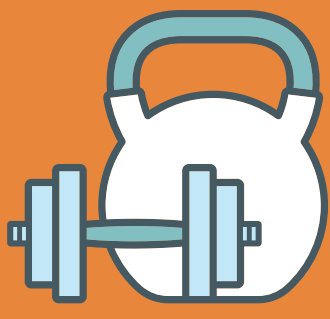
There are 7 elements of self-care...



1. Health Literacy
2. Mental Wellbeing
3. Physical Activity
4. Healthy Eating
5. Risk Avoidance
6. Good Hygiene
7. Rational Use of Products & Services

Easy Ways to Practice Self-Care

keep your body active



always stay hydrated



get a good night's sleep



socialize with family & friends



healthy eating habits



practice mindfulness



make use of your group benefit plan



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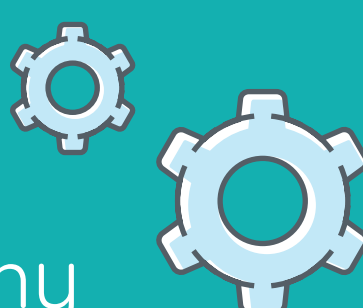
give back & volunteer



remember to laugh!



set healthy boundaries



treat yourself

