



Self-care at home

Self-care is starting to get a lot more attention in today's environment, but there are a lot of misconceived perceptions as to what self-care is. Self-care is:

- Self-respect and believing you're worthy enough to be treated well
- A way of life, with short activities that can be incorporated into daily habits
- Being mindful of our emotions

Self-care is not:

- Selfish
- An occasional activity
- A distraction from stressors

Self-care has physical, psychological and emotional benefits that can help you cope with current stressors and become more resilient to future stressors. Self-care:

- Demonstrates that you know your personal worth
- Fosters a healthy work-life balance
- Is a vital component of stress management
- Entails that you know your priorities
- Increases your productivity
- Translates to better physical health
- Leads to greater resilience across all areas of life
- Improves your mood and energy levels



When you begin a self-care routine, remember to make it simple. Choose activities you truly enjoy and make you feel relaxed. Next, create a list of potential barriers to self-care. The most important step of all is to make these activities a part of your daily routine. Here are some examples of self-care activities for the mind, body and spirit:

- Practice positive self-talk.
- Do a daily digital detox.
- Watch or listen to meaningful content.
- Journal.
- Make one small change to your diet.
- Incorporate exercise into your day.
- Cuddle with a loved one.
- Take a quick nap.
- Call or meet a friend.
- Enjoy the great outdoors.
- Listen to peaceful music.
- Try a new yoga post or meditation.

Sources: [psychologytoday.com](https://www.psychologytoday.com)*, [health.harvard.edu](https://www.health.harvard.edu)*, [blogs.psychcentral.com](https://www.blogs.psychcentral.com)*

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