

Well-being in the news

One of the topics we're seeing right now in well-being is self-care. Self-care is important because it can help you handle stress, stay physically and mentally healthy and prepare to help others in your life. It's easy to go through the day without doing any self-care, such as a parent taking care of their kids, or the day getting filled with work or household chores. If time is hard to find, start with even five minutes of self-care a day.

Make time to do something for yourself. Examples include:

- Exercising
- Reading
- Listening to podcasts or music
- Nature hikes
- Knitting
- Painting



Self-care for kids is also a hot topic. The American Academy of Pediatrics suggests helping others and having responsibilities makes children feel empowered and can help alleviate stress. Try to frame their responsibilities as something that helps you or the family. Some ideas from the AAP include:

- Age-appropriate chores
- Pet care
- Menu planning for the family
- Helping others in ways that match their personal interests

The virtual world is allowing us to stay connected while we shelter in place. Virtual connections open us to opportunities from touring the Louvre in Paris and at-home yoga classes to online “happy hours” with friends. Embracing positive virtual options can help us with our physical health, mental health and social connectedness.

Sources: totalwellnesshealth.com*, healthychildren.org*, cdc.gov*, parents.com*, communityaccessnetwork.org*

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