

Basic self-care ideas

According to the World Health Organization, self-care is “what people do for themselves to establish and maintain health, and to prevent and deal with illness.” Below are ideas for incorporating self-care into your everyday life.



Community self-care

- Volunteer at organizations you support.
- Take a meal to an elderly or sick neighbor.
- Help at your community garden.
- Take a bag on your walks and pick up trash.

Financial self-care

- Create a budget.
- See retirement planner.
- Set up a savings plan.

Physical self-care

- Eat nutritional food.
- Exercise daily.
- Sleep the recommended 7+ hours a day.
- Address fatigue with prolonged computer use.

Emotional self-care

- Meditate daily.
- Seek therapy if necessary.
- Learn something new.
- Do a digital detox.

Career self-care

- Update skills or attend a professional development webinar.
- Seek a mentor or become one.

Social self-care

- Spend time with loved ones.
- Call a friend.
- Get a workout buddy or an adventure buddy.
- Honor your commitments to others.