

### Why Practice Self-Care?

Self-care can help to prevent burnout, help our relationships and can make us more effective.

Excessive stress can lead to mental and physical exhaustion. By engaging in self-care practices we can reset our minds and bodies, maintain healthy relationships with ourselves and others, and become more productive and resilient.

### Self-Care Tips

Self-care practices are usually things we enjoy doing. Practicing self-care does not have to be time consuming or difficult!

Try these activities out:

- Take a walk
- Cuddle with a pet
- Listen to music
- Spend time with friends and family
- Take 5 deep breaths
- Write down 3 things you are grateful for

**Self-kindness** is taking actions and reactions we would have for others and applying them to yourself. **Self-kindness** leads to self-acceptance and greater satisfaction. When we embrace self-kindness, we offer ourselves better care.

Try these strategies:

- Give yourself the bare essentials
- Pay attention to your internal dialogue
- Feel your feelings
- Reframe challenges
- Find solutions
- Lower your expectations
- Start now

### 5 Tips to Be Kind to Yourself

Try adding these ideas to your self-kindness practice:

1. Forgive yourself
2. Magnify your strengths
3. Participate in self-care techniques
4. Make some positive affirmations and review daily
5. Make a list of ways to encourage yourself

### MORE RESOURCES

UCalgary.ca search "*self-care starter kit*"

AHS.ca search "*ways to wellness*"

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

