# inspired

[to make healthy choices]

## Prioritizing Self-Care

**Self-care is essential for maintaining mental health as it helps reduce stress, improve emotional resilience and promote overall well-being.**

By engaging in activities that nurture the body and mind – such as exercise, rest and relaxation – individuals can better manage their emotions, cope with challenges and prevent burnout. Self-care is important for everyone, but especially those who are in professions that involve caring for others.

Want to prioritize self-care but not sure where to start?
Explore what is important to you by considering the options below.

## This or That:

### SELF-CARE EDITION

| | |
|---|---|
| Listen to music | Watch a movie |
| Take a walk | Do yoga |
| Gratitude journal | Habit tracker |
| Meditate | Deep breathing |
| Go to bed early | Sleep in late |
| Time alone | Connect with friends |
| Social media break | Break from work |
| Tea | Coffee |
| Watch a sunrise | Watch a sunset |
| Declutter a space | Organize your calendar |
| Cook your favorite meal | Order takeout |
| Read a book | Go outdoors |

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