

Think **SMART** About Self-Care

BODY



- Daily walks outside to connect with nature and get some blood flow.
- Prepare a balanced and tasteful evening meal as often as possible.
- Seek new ways to break a sweat such as hiking, basketball, bike riding, circuit training, and yoga.
- Take a daily multivitamin and other medications consistently.
- Get a routine check-up twice a year.

- Read a good book or listen to an audiobook.
- Listen to favorite music or play an instrument.
- Spend less time in front of screens and more time outside.
- Make time for yourself to do something rewarding.

MIND



EMOTION



- Take several slow, deep breaths.
- Journal thoughts and feelings
- Do something creative or artistic.
- Spend time developing a hobby.
- Identify and decrease energy given to things that lead to imbalance.
- Identify and increase energy given to things that give you emotional strength and balance.

- Connect with a higher power through prayer and meditation.
- Practice Mindfulness and other grounding exercises.
- Reflect on thankfulness and blessings received in this life.
- Do something kind and selfless for another person.

SPIRIT

