



# Take care of you

## Why self-care matters

Every day, you do it all. You dedicate time and energy toward people, commitments and all the things that matter to you. But how often do you make time for self-care? How do you nurture yourself, too?

It's vital that you take care of your body, mind and spirit regularly. And not just when you're sick. This helps you thrive and keeps your health in balance. So even amid the chaos and your day-to-day responsibilities, pay attention to your well-being, too.

## Give your health and yourself some love

Your health is everything. So never feel guilty about nurturing yourself. After all, self-care isn't selfish. It strengthens you and enables you to support your commitments and loved ones better. More importantly, it's what you need to feel and do your best.

What does self-care look like? That can be up to you. To start, you can learn how to eat healthy, exercise regularly, manage stress and take breaks when you need them. Just do what you need to take care of you.



# What have you done for yourself lately?

Set some time to give yourself the care you need. Here are some things you can do for yourself:



**Exercise.** This can help you feel and sleep better. Aim for at least 2.5 hours of moderate to intense physical activity a week.



**Do something you enjoy.** Pursue your hobbies, even if it's just for a few minutes a day.



**Get enough sleep.** Aim to get at least 8 hours of sleep each night. Set a bedtime routine and then stick to it. If you need an energy boost, take a short 10- to 20-minute nap during the day.



**Eat healthy.** Eat fruits, veggies and whole grains. This will give you more energy to carry you throughout the day. It will also help you avoid impulse snacking.



**Connect with others.** Spend time with loved ones. It can be something as simple as meeting for coffee or going for a walk. No activity is too small.



**Get regular medical checkups.** This includes dental and eye exams and mental health checkups, too. These can help you stay your healthiest.



**Better You™**  
**Better Ohio!**  
Ohio Bureau of Workers' Compensation

**ActiveHealth**  
MANAGEMENT.

Copyrighted material adapted with permission from Healthwise, Incorporated. This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.  
© 2019 ActiveHealth Management, Inc. All Rights Reserved. 12/2019

tA24591