

Prioritize Self-Care To Maintain Well-Being

Disruptions to normal routines—like the ones we've been living through these past two years—can create anxiety, depression, isolation, and more. Our very well-being, defined by dictionary.com as “a state characterized by health, happiness, and prosperity,” is at stake. That’s why it’s important to make self-care a priority.



Self-Care Checklist

These tips can help you maintain health and happiness throughout life.

GET PHYSICAL

Even if you're unable to go to a gym or take wellness classes, it's still possible to get exercise and nutrition. Online programs can help boost your immune system and ensure you remain physically fit.

Spring is a great time for getting outside as much as possible—go for a walk, ride a bike, work in the garden, enjoy a hike at a forest preserve, or take care of projects that were postponed during winter.

And don't forget to get more sleep, plan healthy meals, and stay hydrated to remain healthy.

BOOST EMOTIONS

There are many ways to stay upbeat and keep emotions in check. Both yoga and meditation can be helpful. And with free online classes and apps, there's no better time to give them a try.

Don't underestimate the power of gratitude or doing a good deed for another. And smile, this simple act can help keep you feeling happy.

Be proactive with your emotions, so other aspects of your well-being don't also fall by the wayside. If one idea doesn't help, move on to another until you find one that does. And if you're still having difficulty with emotions, schedule an appointment with a therapist to get the professional help you deserve.

FOCUS ON ONE

If you're struggling with making healthy adjustments in your life, focus on just one area at a time. Oftentimes, as one goal is tackled, momentum is gained to improve another. Besides, some aspects seem naturally linked. For example, you might decide to get more exercise, so you go for a walk and smile at strangers you see. The result is that this not only helps you physically and socially, but it gives your emotions a boost as well.

Need some ideas? Try these.

- Physical—assess self-care (nutrition, exercise, sleep); get support from a friend or group
- Mental—help process the day through journaling or meditation; take an online class; play an online game, especially if you can join with others; read a book
- Social—reconnect with others by giving an old friend a call or scheduling lunch with a coworker; participate in a local event or group
- Emotional—listen to uplifting music; watch a funny movie; plan an activity for the future