

# Self Care is not Selfish

## Set up a daily routine



Try to add structure to your day by creating a routine that works for you.

## Get some exercise every day



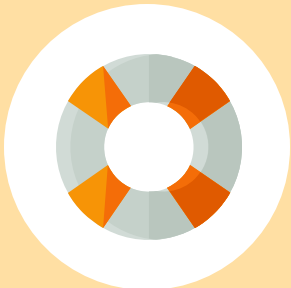
Moving the body through stretching, walking or running gets your blood flowing.

## Eat healthy balanced meals



Maintaining a regular meal time is also helpful for your health & well-being.

## Ask for help when you need it



Leaning on friends and family or social groups provides emotional support.

## Nurture your spirit



Practice meditation or get outside to enjoy Hawaii's beautiful air, land and sea.

## De-clutter your living space



Keeping your home and work space neat and clutter free adds to your sense of calm.

## Aim for 7 or more hours of sleep



Quality counts too. See your doctor if you don't feel rested after 7-8 hrs. of sleep.

## Practice gratitude



Focus on the positives in your life by journaling or reflecting on the good parts of your day.

## Stay connected with friends



Friendships can add joy to your life. Be sure to touch base and plan time together.

