Self-Care for Healthcare Heroes

We see how much you care about others... Now is the time to care for yourself...

- Increase physical activities - go for a walk or run/gym
- 5 min meditation or breathing exercises
- Get some fresh air and enjoy nature
- Listen to music - find a new artist or band
- Find a new hobby and dedicate time to enjoy
- Start a puzzle/play a game
- Spend time with pets
- Laugh - listen to your favorite comedian
- Unplug from technology for 2 hours
- Practice Mindfulness (there's an app for that)
- Unfollow negative people on social media
- Read or listen to the chapter of a book
- Take a bubble bath
- Create a thankfulness journal