

Self-Care Facts and Activity

Self-care is the practice of doing what makes you happy and healthy. Your self-care is yours to define and establish! It is the practice of taking care of YOU. A healthy and happy you supports your efforts towards success and being the real you, the best you.

Here are some common self-care practices people enjoy. You may notice many of these may be considered hobbies. That's a great way to think of self-care, hobbies that help you relax, grow, and discover.

Here are some common self-care activities. Circle ones you do or have an interest in.

Sports	Chess	Running/Jogging
Sculpting	Making Videos	Gardening
Painting	Dancing	Crocheting/Knitting
Photography	Jump Roping	Music – listening, creating
Reading	Weightlifting	Writing

Fill in the blanks.

1. My favorite self-care activity is _____.
2. One self-care activity I might like to try is _____.
3. Self-care could help me _____.