

## TAKING CARE OF YOURSELF AT HOME

# 5 EASY SELF-CARE PRACTICES FOR EVERY AREA OF YOUR LIFE

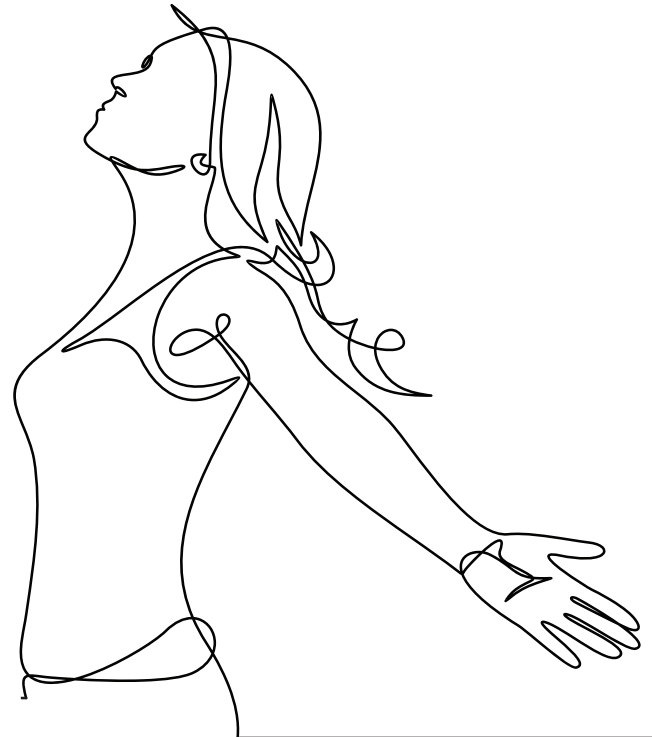
### What is “self-care”, and why does everyone keep talking about it?

Simply put: Self-care is any activity that you do deliberately to take care of your mental, emotional, and physical well-being. It’s a critical part of staying healthy so you can enjoy your life, do your job, and look out for the ones you love.

### A SIMPLE SELF-CARE FORMULA

When you feel stressed or depleted, here are five things you can focus on to improve your outlook.

*NOTE: Before changing your health routine, always consult your personal doctor.*



**1 Sleep:** Get at least eight hours of sleep a night to manage stress. Your mental and physical wellness will suffer if you are always operating on a sleep deficit.

**2 Nutrition & exercise:** Eat unprocessed foods including fruits and vegetables, drink plenty of water, and get your body moving. Even a daily walk around your neighborhood can improve your mindset.

**3 Stillness:** Devote time each day to being by yourself. You can meditate, write in a journal, or spend quiet time in nature.

**4 Social time:** One of the best predictors of a healthy life is strong social connections, so make time to be with people you enjoy. Volunteer, join a club, or schedule regular meetups or phone calls with friends and loved ones.

**5 Purpose:** Having a purpose gives life meaning, clarity, and joy. You can find purpose when you enjoy hobbies, learn new skills, help others, and work to improve your community.

**MORE** 

## THERE'S AN APP FOR THAT

Many free and low-cost apps can help you follow a routine to improve your mental well-being. Search your preferred app store to get help with:

- Self-care
- Sleep
- Exercise and nutrition
- Decluttering and organizing
- Mood tracking
- Breathing exercises
- Mindfulness
- Meditation
- Journaling
- Anxiety and panic relief
- Addiction support



## YOUR STATE OF IOWA BENEFITS CAN HELP.

When self-care isn't enough and you're struggling with your mental health, you can access the support you need with your State of Iowa health plan from Wellmark® Blue Cross® and Blue Shield®. Visit [Wellmark.com/finder](https://www.wellmark.com/finder) to search for in-network mental health providers, or use [Doctor On Demand®](#) to schedule a virtual visit.