

WHAT DO I NEED?

What does self-care look like? And how can you give yourself more of it? Sometimes carving out time for yourself can seem like just another task on your list, making it easy to ignore. But doing so could come at the expense of your physical, mental, and emotional health. Instead of putting yourself on the back burner, take 15 minutes to set some personal self-care goals and then outline steps to achieve them.

<p>EXAMPLE:</p> <p>I'd like to spend more time in nature because it helps me relax.</p>	<p>ACTION STEPS:</p> <ul style="list-style-type: none"> • Set my alarm 15 minutes early in the morning so I can go for a short walk. • Ask my husband/partner/wife to do the grocery shopping so I can use that time to be outside. • Take work calls outside.
<p>GOAL #1:</p>	<p>ACTION STEPS:</p>
<p>GOAL #2:</p>	<p>ACTION STEPS:</p>
<p>GOAL #3:</p>	<p>ACTION STEPS:</p>