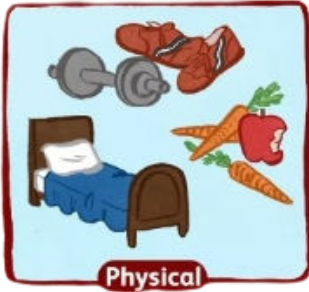


PERSONAL *Self Care*



Physical Self Care

Create a schedule that includes proper amount of sleep to let your body refuel, time for exercise to build strength and move your body, and healthy eating habits to refuel yourself.



Social Self Care

Are you getting enough face-to-face time with family and friends? It is important to make time for relationships with friends and family and get involved with a community outside of work. Think about joining a club, class, or community space.



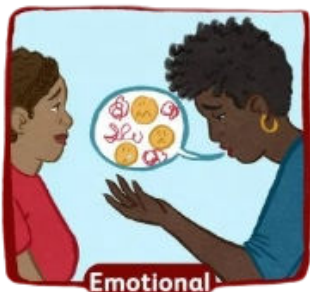
Mental Self Care

Make time for activities that stimulate your mental health like books, movies, puzzles, or video games. Mental self-care activities can include meditation, yoga, being outside in nature, practicing gratitude, or trying a new hobby.



Spiritual Self Care

Nurture your spirit by engaging in spiritual practices that you find fulfilling. This could be meditation, religion, nature, acts of self-love, or anything that allows you to feel a deeper sense of meaning.



Emotional Self Care

Take time to recharge your battery and remind yourself why you do what you do. Do you have healthy ways to process your emotions? This can be humor, box breathing, tapping, talking to a friend, or talking to a therapist.



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