

Balancing Work and Self-Care

Not sure what balancing work and self-care looks like for you? That's okay.

Everyone is unique and therefore improving your overall health and well-being may look different than someone else's. Consider implementing some of the following activities into your daily routine to start.

Emotional.

Try therapy, practice meditation and mindfulness exercises, write down your thoughts and feelings in a journal, listen to music, and do something that brings fulfillment.

Mental.

Read books, listen to podcasts, watch documentaries, learn something new, solve puzzles, be curious, embrace your creative side, and be mindful of the world around you.

Physical.

Exercise regularly, eat a balanced diet, stay hydrated, practice sleep hygiene, stay up to date on doctor appointments, take medications as prescribed, and avoid alcohol and drugs.

Financial.

Cut back on unnecessary expenses, stay educated about your finances, create a budget, open a savings account, and start putting money aside for the future.

Social.

Meet up with friends and family, reconnect with old friends, volunteer, make an effort to meet new people, prioritize meaningful relationships, go out and have fun.

