

Building Your Self-Care Toolkit

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**"Almost everything will work
again if you unplug it for a
few minutes, including you."**

-Anne Lamott


A decorative watercolor splash in shades of green and blue, located on the right side of the image. It has a soft, painterly texture with various tones of emerald, teal, and light blue, blending into the white background.

What is Self-Care

- Medical Definition
- Social Definition



Statistics

- **75% Believe that self care activities provide stress relief.**
 - **74% Associate with self care for their physical body**
 - **52% Engage in self care for their mental well-being.**
 - **73% Are more conscious that they need more self care**
 - **47% of adults get less than 40 minutes of self-care per day**
 - **6.6% Engaged in health and well-being self care every day.**
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Ideas for Self-Care

- Eat healthy, regular meals
- Stay hydrated
- Get regular exercise
- Make Sleep a priority
- Participate in a relaxing activity
- Practice gratitude
- Focus on Positivity
- Stay connected
- Set SMART goals



Building Your Self-Care Toolkit

- What are my strengths?
- What fuels me?
- What holds me back?
- Who can support me?
- What area of well-being needs most support?



Melissa's Self-Care Tool Kit

- I pray every morning and evening while walking the dog
 - I will practice gratitude by noticing 3 things each morning
 - I will exercise daily for 30 minutes
 - I will get 7 hours of sleep each night
 - I will meditate 5 minutes each day
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