

# Self-care during the pandemic:

## Why it is so important and tips to help!



### Practicing self-care is important.

You won't be able to properly care for your family if you run down. Self-care is an essential service you need to do for yourself. Because there's nothing wrong with putting yourself first.



### Make time for yourself.

Create a space in the day and do something for yourself. Designate your time to relax. "Me time" actually makes us more productive, minimize stress, strengthens our relationships, and reboots our brains.



### Monitor your social media intake.

Limit how much time you're spending online. Don't forget, social media just shows a sliver of other people's lives, not the whole picture. Remember that social media is a tool—it's supposed to work for you, not against you.



### Be kind to yourself.

Being kinder to yourself will make you happier and boost your self-esteem. This is a stressful time, and it is okay to have bad days. Don't beat yourself up about it!

