



Feel-Good Friday

Is self-care selfish? No! If you constantly deprioritize yourself, you exhaust yourself and can no longer fully engage with others. **When you take care of yourself, you lay the foundation for better interactions with others.** Think of yourself as a smartphone with a rechargeable battery. As your battery level decreases, some of your apps or features won't work properly. You become less animated, less responsive, and ultimately unavailable. If you're low on energy, you won't function as well as possible. Throughout your week, you participate in tasks and social interactions that either drain your energy or recharge you. Taking time for self-care replenishes your power supply, so you can function at your full potential. **Add an element of self-care to your day and reap the benefits for your mental health:**

- Engage in meaningful conversation with friends or family - add laughter for an extra boost.
- Experience awe as you observe the intricate beauty of nature in tree leaves, flowers, raindrops, snowflakes, or the starry night sky.
- Connect with the wonder of the life cycle through gardening.
- Ask for and accept help for anything you need.
- Enjoy your curiosity and educate yourself on a topic of interest.
- Schedule a wellness visit with a doctor or dentist to ensure your physical health does not detract from your emotional health.
- Create and follow a treatment plan with a mental health counselor.
- Activate your creativity through your dancing movements, lively singing, poetic writing, playful doodling, or artistic decorations.

Are you hesitant to pursue any self-care? Consider the focus and determination with which you might return to a project if you take a moment for rest, entertainment, or connection with someone.

You Can Focus on Self-Care

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org