



SELF-CARE

THE GIFT THAT KEEPS YOU GOING

Engaging in self-care helps you tend to your own emotional, physical, and mental needs. When we have a healthy practice of self-care activities, we are less likely to resort to unhealthy practices like drinking, using drugs, and other risky behaviors to cope, escape, or boost our mood. Indulge in wellness with these self-care tips and techniques.

Contact your local MCCS Substance Abuse Program, or Community Counseling Center for more information on self-care tips, techniques, and resources available.



SOCIAL CIRCLE

Call a friend, join a L.I.N.K.S. workshop to meet new friends, or volunteer with the Volunteer Program. Interacting with others is a great way to promote social self-care.



MINDFULNESS

Stop what you are doing and take a deep breath. Creating intentional space for resetting yourself, even one breath, will keep you calm and focused.



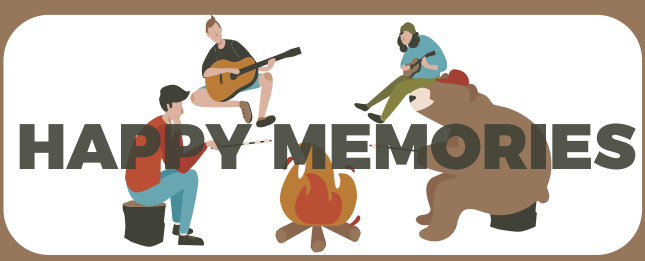
HUMOR

Watch your favorite comedy movie at the MCCS Movie Theater, or have a great laugh with friends. Laughter relaxes the body and releases the body's "feel good" hormones.



NEW HOBBY

Explore new and long-lost hobbies. Try your hand at a MCCS Auto Skills Center, make your tee time at a MCCS golf course, bowl a few frames at one of the MCCS Bowling Centers, or get your SCUBA certification. You might find your next favorite activity.



HAPPY MEMORIES

Certain sights, smells, sounds, and tastes can bring back happy memories. Maybe the taste of s'mores reminds you of your first camping trip or the smell of rosemary reminds you of your favorite meal. Rediscover these memories.



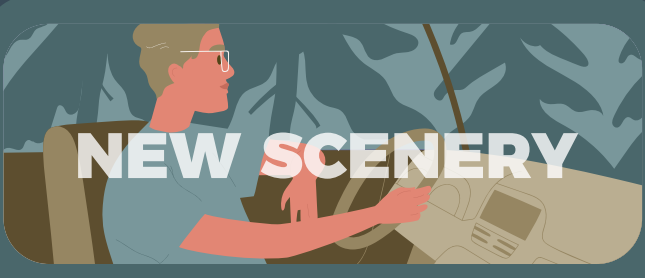
LISTEN TO MUSIC

Play your favorite songs and sing along. Listening to your favorite songs may decrease stress, increase happiness, and improve aerobic fitness.



BALANCED DIET

A balanced diet contributes to your overall physical, mental, and emotional wellness. Your local Health Promotion Coordinator will be able to assist in getting your balanced diet on track.



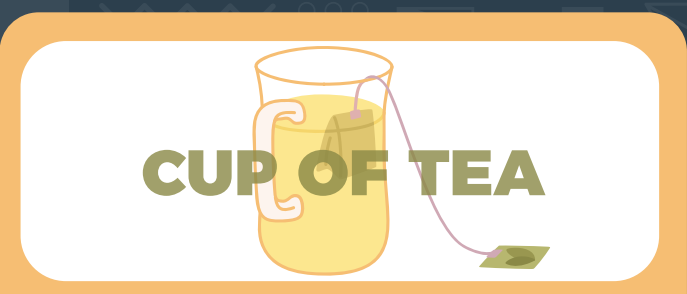
NEW SCENERY

Take a different route to work or work remotely at a local park. Go hiking with gear from Outdoor Recreation, or try a different Semper Fit workout. Stepping outside of your routine can boost your mood and creativity.



JOURNALING

Start your day writing positive statements about yourself. Write about your day, mood, or thoughts. Color or draw. Journaling can help you de-stress, sort out your thoughts, and learn more about yourself.



CUP OF TEA

Brew a cup of your favorite tea flavor. The warmth of the tea will help relax your nerves and muscles.



SLEEP WELL

Set a consistent bedtime. Avoid caffeine, alcohol, and nicotine before bed which can interfere with sound sleep. The MCCS Health Promotion team can give you tips on how to get better sleep.