Take Time for Self-Care

**Keep to a Routine**

**SLEEP**
A regular bed time and wake time that allows for 7 to 9 hours of sleep is optimal. Have a wind-down routine that includes limiting screen time and being in a dark, cool room.

**EXERCISE**
Incorporate physical activity into each day. Stand, rather than sit; take the stairs; stretch; garden; go for a walk. Remember that any movement is better than no movement.

**NUTRITION**
To balance mood and stabilize blood sugar, eat complex carbohydrates found in fruits, vegetables, whole grains, beans, nuts and seeds at regular intervals throughout the day.

**Drink Water**
Water consumption for hydration is vital! Daily goal for men: ~15.5 cups (3.7 liters). Daily goal for women: ~11.5 cups (2.7 liters).

**Socialize**
Reach out to friends, peers, older adults and family by phone, email, text, or social media platforms. Even brief virtual connections improve your mood and immune response.

**Listen to your Body**
Know the signs of too much STRESS, and ask for help before you think you need it. Watch out for: muscle tension, headaches, upset stomach or difficulty sleeping. Be compassionate with yourself as well as with others.

**Respect Your Emotions**
Establish “no judgment” rules for yourself and your family as you experience a full range of human emotions: fear, anger, gratitude and grief.

References:
- https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256
- https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need
- https://www.apa.org/helpcenter/stress-body

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