

# Work-Life Balance

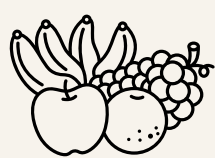
## Reclaiming Power *Engaging in Self-Care*

Having awareness of one's own personal needs is an **investment** for future well-being. "In reality, self-care is **any activity** that a person would engage in to reach **optimal** physical or mental **health**," according to the University of Toledo's Counseling Center.

**Engaging in self-care helps alleviate stress, prevent professional burnout, and enhance one's quality of life.**

## Self-Care Strategies

### Physical Self-Care



Staying Nourished



Exercising



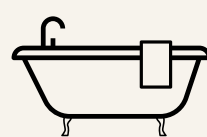
Drinking Water



Sleeping

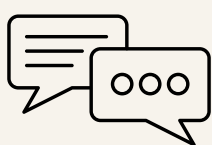


Enjoying Nature



Relaxing

### Social Self-Care



Talking with a Friend



Playing with a Pet



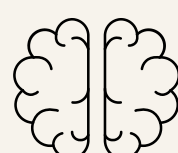
Relaxing Through Hobbies



Scheduling Social Activities



Sharing a Meal



Connecting with Like-Minded Peers

### Emotional Self-Care



Reflecting



Being Grateful



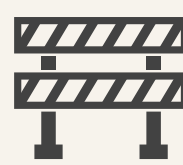
Listening to a Podcast



Meditating



Seeking Help



Creating Healthy Boundaries

## Self-Care Action Planning

### Reflection Questions:

1. How much **sleep** is necessary for you to be your best self throughout the day?
2. What forms of **social-emotional practices** make you feel centered?
3. What form of **movement** makes your body feel rejuvenated?
4. What types of **foods** make your body feel replenished?
5. What makes your **mind** feel calm?
6. What sparks **joy** in your heart?



**Action:** Based on your responses, select a practice that you can integrate in this week's schedule for 5-10 minutes.

### References

- Counseling Center. (n.d.). *Self-care*. The University of Toledo. <https://www.utoledo.edu/studentaffairs/counseling/selfhelp/copingskills/selfcare.html>
- Responsive Classroom. (2020, April 16). *Self-care reflection*. Responsive Classroom. <https://www.responsiveclassroom.org/self-care-reflection/>