

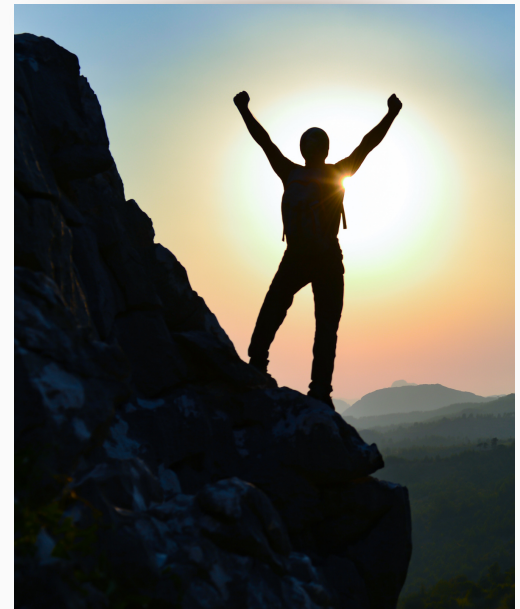
10 Easy Tips to Developing a Positive Self-Care Plan

So what exactly is Self-Care?

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health and it's often overlooked. Though it deals with the self, self-care isn't a selfish act. In fact, good self-care is the key to a good relationship with oneself and others.

Here are 10 additional things to remember when practicing self-care.

- #1 Focus on the Good.
- #2 Avoid “All or Nothing” thinking
- #3 Avoid “should”
- #4 Stay curious
- #5 Step out of “Auto-Pilot”
- #6 Avoid seeing crises as insurmountable problems
- #7 Nurture positive relationships
- #8 Focus on the four core components of resilience
- #9 Establish and enforce personal and professional boundaries
- #10 Lastly, remember the three "P's"...



It isn't permanent, it isn't pervasive, and it isn't personal.



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