

Invest in self-care for better well-being



When you think about self-care, what comes to mind? Taking a nap, reading a book or even exercising might come to mind but self-care goes beyond just the occasional rest and relaxation we all need to feel our best.



Here are some key areas of life in which you can practice self-care to help you feel your best and boost your well-being:¹

- **Physical** — eating healthy, staying active and sleeping 7-9 hours daily.
- **Emotional** — feeling positive emotions such as gratitude, peace and happiness by finding activities and people you enjoy.
- **Mental** — practicing mindfulness, self-compassion and positive thinking.
- **Spiritual** — prioritizing your personal values to align with your life and by taking time to embrace the present, nature, yourself and loved ones.
- **Intellectual** — continuing to be inspired and learn new things, enjoying hobbies and other fun activities and focusing on things that interest you.
- **Environment** — finding ways to make your space (no matter the size!) comforting and healing by keeping it clean, safe and uniquely you.
- **Social** — building healthy relationships in which you can be yourself and have meaningful connections with others.
- **Financial** — being mindful of your budget and saving for unexpected expenses to help alleviate stress.

Find time each day to care for yourself — you'll feel better for it.

¹Positive thinking: Reduce stress by eliminating negative self-talk. Available at: [Mayoclinic.org](https://www.mayoclinic.org). Accessed June 2024.

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