

Defining Self-Care and Sleep Hygiene

SELF-CARE

Activities engaged in to maintain good health and improve well-being

Taking breaks to relax and unwind through activities you enjoy

Remain mindful and engaged in the present moment

BENEFITS
Reduce stress and negative emotions
Enhanced cognitive functioning
Improved personal balance
More productive in school or work
Increased sense of well-being and contentment



EXAMPLES
Physical Activities
Emotional Well-Being
Social Supports
Spiritual Life
Workplace



SLEEP HYGIENE

Series of healthy sleep habits to improve falling and staying asleep

Ensuring you are getting the correct amount of sleep

Assuring you are getting good quality sleep.

Sleep affects your health

CREATE A PLAN
Make self-care a priority
Set specific self-care goals
Set boundaries
Unhealthy activities do not count
Create habits
A little is better than non
Don't stop when you feel "good"

SLEEP HABITS MATTER

Focus on consistency.

Set a bedtime to allow for adequate hours of sleep.

Prepare bedroom for sleep.

Don't force yourself to sleep.

Use bed only for sleep.

Engage in physical activity during the day.

Avoid napping, caffeine, alcohol, large meals

BENEFITS
Increase immune system
Improved cognitive performance
Decreased risk for accidents
Protective factor against mental health disorders
Improved physical health