

The background features a vertical gradient from light purple at the top to light blue at the bottom. Scattered throughout are several realistic water droplets of various sizes, each with a highlight and a soft shadow, giving them a three-dimensional appearance.

TAKING CARE OF YOU

EMPOWER YOURSELF

WHAT IS SELF-CARE?

- UNDERSTANDING YOUR NEEDS
 - YOUR PERSONAL GROWTH AND WELL-BEING
- TAKING INTENTIONAL STEPS TO ADDRESS
 - IMPROVE YOUR OVERALL HEALTH AND WELLBEING

SELF CARE
means giving
THE WORLD
the best
OF YOU INSTEAD OF
WHAT IS LEFT
OF YOU.



SELF CARE

- SOCIAL SELF-CARE
- SPIRITUAL SELF-CARE
- EMOTIONAL SELF-CARE
- INTELLECTUAL SELF-CARE
- PHYSICAL SELF-CARE

SOCIAL SELF-CARE

- DEVELOPING MEANINGFUL RELATIONSHIPS
- CONNECTING WITH OTHERS
 - SPEND TIME WITH LOVED ONES
 - MAKE NEW FRIENDS



SPIRITUAL SELF-CARE

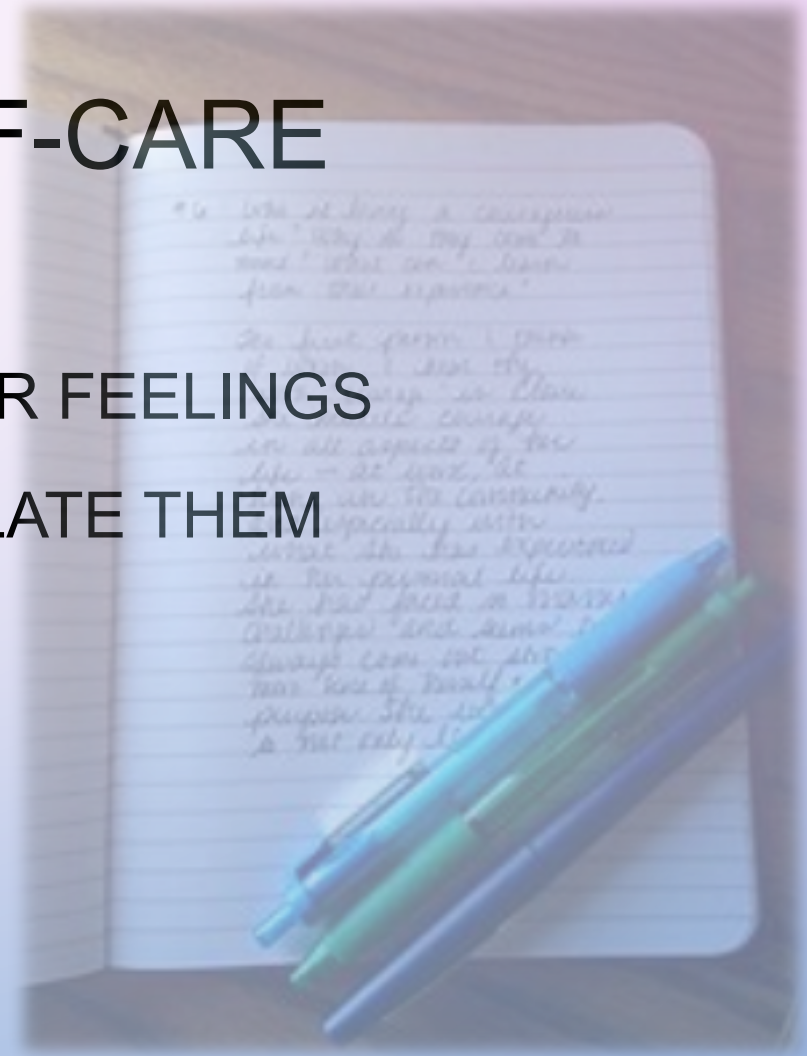
- PROCESS OF CONNECTING WITH YOUR INNER
- DISCOVERING YOUR LIFE'S MEANING AND PURPOSE
 - MEDITATION
 - PRAYER
 - SPENDING TIME IN NATURE



EMOTIONAL SELF-CARE

- UNDERSTANDING AND ACCEPTING YOUR FEELINGS
- MAKE AN EFFORT TO PROPERLY REGULATE THEM
 - JOURNALING
 - COUNSELING
 - CREATIVE ACTIVITIES

• *****[.SMOHIT.ORG](http://SMOHIT.ORG)



INTELLECTUAL SELF-CARE

- EXCITE YOUR MIND
- ENCOURAGE MENTAL WELLNESS
 - READING
 - TRYING SOMETHING NEW
 - CREATIVE HOBBIES



PHYSICAL SELF-CARE

- PHYSICAL ACTIVITY
- EATING HEALTHY FOODS
- VISIT YOUR DR ON A REGULAR B
- GETTING ENOUGH SLEEP



- *****.SMOHIT.ORG/WELLBEATS

SLEEP

- 7-9 HRS A NIGHT FOR ADULTS
- LACK OF RESTFUL SLEEP HAS A LONG LIST OF ISSUES
- GET IN A REGULAR ROUTINE FOR BEDTIME
 - SAME TIME GOING TO BED AND WAKING UP
 - DON'T EAT OR DRINK TOO CLOSE TO BEDTIME
 - CREATE A GOOD SLEEP ENVIRONMENT
 - GOOD MATTRESS & PILLOWS
 - LIMIT SCREEN TIME BEFORE BED
- HORMONE CHANGES CAN EFFECT SLEEP
 - MONTHLY CYCLE
 - PREGNANCY
 - MENOPAUSE



WORKING IN THE ELEMENTS

SUMMER/HEAT

- DIRECT SUNLIGHT
- HEAT
- HUMIDITY
- INSIDE A BUILDING W/NO AIR MOVEMENT
- WORKING NEAR HOT ENVIRONMENT

WINTER/COLD

- COLD
- SNOW
- WIND
- NEAR DOORWAYS/OPEN WINDOWS (DRAFTS)
- WORKING IN BREEZE-WAYS BETWEEN BUILDINGS

SUMMER

CLOTHING

- LIGHT COLORED CLOTHING
- LIGHTWEIGHT & BREATHABLE
- COTTON CLOTHING
- QUICK-DRY CLOTHING
- DO YOU PREFER LONG-SLEEVE OR SHORT-SLEEVE SHIRTS??

HYDRATE

- WATER IS BEST
 - 1 CUP EVERY 20 MIN EVEN IF YOU AREN'T THIRSTY
- ELECTROLYTES ARE GOOD ALSO
 - 2:1 RATIO WATER TO ELECTROLYTES
- AVOID/LIMIT
 - ALCOHOL
 - CAFFEINE
 - ENERGY DRINKS

HEALTHY EATING

- FRESH PRODUCE
- GRILL OUT
- EAT LIGHTER FOODS
- SMALLER PORTIONS

SUMMER SKIN CARE

- SUNSCREEN DAILY
- MOISTURIZE
 - LIGHTWEIGHT
 - WITH SPF
- SHORTEN SHOWER TIMES
 - LOWER TEMP
 - OVER-SHOWERING CAN DRY OUT THE SKIN
- STAY IN THE SHADE
- WEAR MAKE-UP THAT DOESN'T CLOG THE PORES
- PROTECT AGAINST INTERTRIGO
 - A SKIN RASH IN THE FOLDS OF YOUR SKIN
 - USE POWDER OR DEODORANT TO PROTECT



SUMMER HAIR CARE

AT WORK

- LOOK FOR PROTECTIVE HAIRSTYLES THAT WORK FOR YOU UNDER A HARDHAT
 - BRAIDS
 - LOW PONY'S
 - LOOSE BUNS
 - DON'T PUT HAIR UP WET (CAN ACTUALLY CAUSE A FUNGAL INFECTION)
- PROTECT AGAINST DIRECT SUNLIGHT
 - THERE ARE HAIR PRODUCTS WITH UVA/UVB SUNSCREEN
 - LIGHT COLORED

AT HOME

- SCALP CARE
 - A DROP OR 2 OF NATURAL OILS
 - ARGON
 - JOJOBA
 - GRAPE SEED
 - MASSAGE INTO SCALP
 - BRUSH YOUR HAIR & SCALP
- WASH EVERY OTHER DAY IF POSSIBLE
- HAIR MASK
 - 2 TIMES A MONTH
- USE PROTEIN/REPAIR PRODUCTS
- REGULAR HAIR CUTS
 - EVERY 8-12 WEEKS

WINTER

CLOTHING

- LAYERS
 - 1ST-WICKS SWEAT OFF YOUR SKIN
 - 2ND-INSULATING
 - 3RD-SHIELD FROM WIND/RAIN
- INSULATING SOCKS
- INSULATING GLOVES
- HAT/BEANIE

HYDRATE

- WATER IS BEST
 - DRINK EVEN IF YOU DON'T FEEL THIRSTY
- AVOID/LIMIT
 - ALCOHOL
 - CAFFEINE
 - ENERGY DRINKS

HEALTHY EATING

- DON'T FORGET YOUR VEGGIE'S
- EAT WARMING SOUPS AND STEWS
- EAT FOOD RICH IN VITAMIN D

WINTER SKIN CARE



- BE SURE TO MOISTURIZE AFTER SHOWERING
 - SHEA BUTTER
 - COCOA BUTTER
 - ROSEHIP OIL
 - JOJOBA OIL
- SUNSCREEN DAILY
- USE OVERNIGHT TREATMENTS (IF NEEDED)
- USE HUMIDIFIER
- GO EASY ON EXFOLIATING & SCRUBS

WINTER HAIR CARE

- PROTECTIVE HAIRSTYLES
 - BRAIDS
 - LOW PONY'S
 - LOOSE BUNS
 - LEAVE LOOSE WHEN POSSIBLE
- PROTECT AGAINST DIRECT SUNLIGHT & WIND
- SCALP CARE
- USE MOISTURIZING PRODUCTS
 - PH LEVELS ARE DIFFERENT IN SUMMER AND WINTER
- USE GOOD QUALITY HAIR-TIES

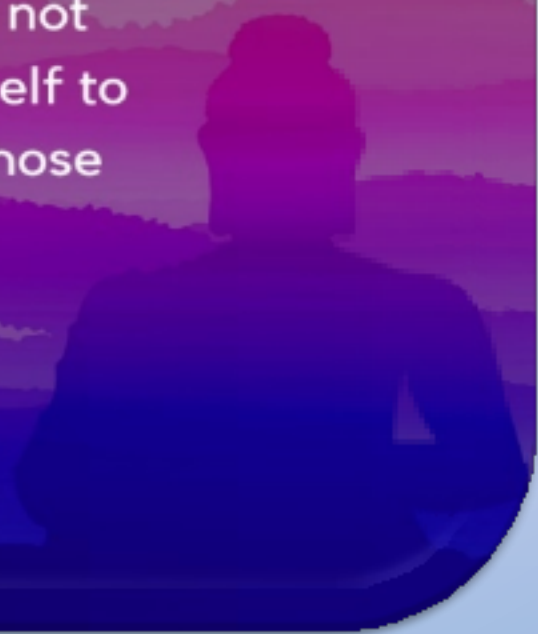
SELF-CARE DURING PREGNANCY

- SELF-CARE DURING AND IMMEDIATELY AFTER PREGNANCY IS VITAL
- BE SURE TO STAY HYDRATED, EAT HEALTHY MEALS AND TAKE YOUR VITAMINS
- GET PLENTY OF REST
- DON'T BE AFRAID TO ASK FOR HELP
- CONSULT YOUR DOCTOR TO COME UP WITH THE BEST PLAN FOR YOU AND YOUR BABY'S HEALTH
- HEAT STRESS RESOURCE IN CANADA
- *****[.CANADA.CA/EN/EMPLOYMENT-SOCIAL-DEVELOPMENT/SERVICES/HEALTH-SAFETY/REPORTS/THERMAL-STRESS-WORK-PLACE.HTML](https://www.canada.ca/en/employment-social-development/services/health-safety/reports/thermal-stress-work-place.html)
- HEAT RELATED PROTECTIONS FOR PREGNANT WORKERS
- *****[.OSHA.GOV/SITES/DEFAULT/FILES/PUBLICATIONS/OSHA4376.PDF](https://www.osha.gov/sites/default/files/publications/OSHA4376.pdf)

Self-care

isn't just drinking water
and going to sleep early.
Self-care is taking a break when
things become overwhelming,
saying no to things you do not
want to do, allowing yourself to
cry, asking for help from those
around you, doing things
that make you happy.

—TheDailyReminders





"ALMOST EVERYTHING WILL WORK
AGAIN IF YOU *unplug* IT
FOR A FEW MINUTES, INCLUDING YOU."

— ANNE LAMOTT