

Self-Care for Healthcare Heroes

*We see how much you care about others...
Now is the time to care for yourself...*

- ☐ Increase physical activities- go for a walk or run/gym
- ☐ 5 min meditation or breathing exercises
- ☐ Get some fresh air and enjoy nature
- ☐ Listen to music- find a new artist or band
- ☐ Find a new hobby and dedicate time to enjoy
- ☐ Start a puzzle/play a game
- ☐ Spend time with pets
- ☐ Laugh- listen to your favorite comedian
- ☐ Unplug from technology for 2 hours
- ☐ Practice Mindfulness (there's an app for that)
- ☐ Unfollow negative people on social media
- ☐ Read or listen to the chapter of a book
- ☐ Take a bubble bath
- ☐ Create a thankfulness journal



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