



Self-Care

At times self-care is misunderstood as selfish or self-indulgent behavior. That reputation could not be further from the truth!

Self-care relates to what you do during and away from work to look after your holistic well-being so that you can meet your personal and professional commitments. It is a very personal concept, and everyone's approach will be different. It

Self-care could look like, but is not limited to:

- **Stretching.**
- **Eating a good dinner.**
- **Taking a break.**
- **Reading a book.**
- **Meditating.**
- **Connecting with a friend.**
- **Painting and crafting.**
- **Creating a morning or evening routine.**
- **Listening to music.**
- **Reflecting on your strengths.**
- **Giving back with a random act of kindness.**

Self-care is anything that helps you feel refreshed, rejuvenated and your best possible self.



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