

# *Dr. Mom is in the House*

with Dr. Danielle R. Hadeed

## *Self-care Strategies for Nurturing Oneself*

A self-care strategy is something that you do, as often as possible, that helps you take care of yourself, physically, emotionally, and spiritually. Practicing such self-care strategies help to fill you back up, so that you can feel refreshed, and ready to cope with life and stress more effectively.

Self-care looks different for different people. So I encourage you to think about something, just 1 thing, that you either actively engage in or could try to do, that makes you feel good, in an effort to take care of your emotional self, and mental wellbeing. Build something into your day, put something on your weekend roster, that you do to help you manage stress, minimize anxiety, and create emotional wellbeing in your life.

Building these nurturing self-care strategies into your list of “Must do’s”, helps ensure that you actually get them done, making caring for your wellness and wellbeing a priority!

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Here is a list of some self-care strategies to try:

- *Make a list of everything you are grateful for*
- *Watch your favorite movie*
- *Go for a walk*
- *Go to church*
- *Listen to music*
- *Write in a journal*
- *Read a good book*
- *Visit or call a supportive friend*
- *Paint or draw, be creative in some way*
- *Go to the movies*
- *Browse in the bookstore*
- *Take a bubble bath*
- *Put on music and dance around your room*

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- *Take a long drive in your car with your favorite music blasting*
- *Take a nap*
- *Take a hot shower*
- *Remember everything you like about yourself*
- *Make a list of affirmations or read one that you made before*
- *Cook or prepare your favorite meal*
- *Look through old photo albums of memories that make you smile*
- *Find a park near your home or work, sit quietly for a few moments and savor nature*
- *Go to the beach, sit on the sand and watch the waves*
- *Finally start that hobby you have been planning to try*
- *Spend some time with your pet or at a pet shop*
- *Meditate, breathe deeply*