

MAY 2022

# Assess Your Self-Care Routine

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

## Take a Minute to Reflect

There is no “right way” to practice self-care. It’s multi-dimensional, personal and takes on various forms. When practiced efficiently, it can help you **and** those around you!

Make sure you’re spending enough time on your wellbeing by asking yourself a few questions:

- Are you kind to yourself and do you show yourself grace?
- Do you allow time for yourself to disconnect and decompress?
- Do you have healthy ways to process your emotions?
- Are you participating in enough mentally stimulating activities?
- Do you have plans for your future, your life and your career?
- Are you getting adequate amounts of sleep each night?
- Do you drink plenty of water and maintain proper nutrition?
- Do you aim to increase your daily active minutes and try to get outside?



## Make Saying “No” Part of Your Self-Care Routine

If you answered **NO** to several of the questions above, then it’s time to start saying “**NO**” to take back your time and focus more on your self-care.

[Check out this year’s Way to Wellness topics and download our 2022 companion calendar](#) with more great tips and challenges to track for each month. Stay tuned for upcoming topics!