

## Self-care

Self-care is the practice of taking an active role in maintaining one's own well-being and happiness. It involves taking steps to protect your physical, mental, and emotional health. Self-care is important because it can help you:

- 1 Improve your physical health:** Self-care activities such as eating a healthy diet, getting enough sleep, and exercising regularly can help you maintain a healthy weight, reduce your risk of chronic diseases, and improve your overall mood and energy levels.
- 2 Reduce stress:** Self-care activities such as meditation, yoga, and spending time in nature can help you manage stress, improve your sleep, and boost your immune system.
- 3 Increase your productivity:** When you take care of yourself, you have more energy and focus to devote to your work, studies, and other responsibilities.
- 4 Improve your mental health:** Self-care activities such as spending time with loved ones, pursuing your hobbies, and giving back to your community can help you improve your mood, reduce anxiety and depression, and increase your sense of purpose.
- 5 Live a longer, healthier life:** Studies have shown that people who engage in regular self-care activities tend to live longer and healthier lives than those who do not.



There are many different ways to practice self-care. Some common self-care activities include:



### Getting enough sleep

Most adults need around 7-8 hours of sleep per night.



### Managing stress

Find healthy ways to manage stress, such as meditation, yoga, or spending time in nature.



### Eating a healthy diet

This means eating plenty of fruits, vegetables, and whole grains, and limiting processed foods, sugary drinks, and unhealthy fats.



### Connecting with loved ones

Spend time with people who make you feel good and support you.



### Exercising regularly

Aim for at least 30 minutes of moderate-intensity exercise most days of the week.



### Doing things you enjoy

Make time for activities that you enjoy, such as reading, listening to music, or spending time in nature.



### How to get started?



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### And don't forget!

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