



PUT YOUR INTO IT LOVE YOURSELF!

Take this Valentines Day to practice **SELF-CARE**. Taking care of yourself can help you **RECHARGE!**

Self-Care is a process whereby **individuals** and their **families** maintain health through health promoting behaviors. Those who practice self-care can achieve **physical** and **emotional stability**.

Six Steps to Practice Self-Care:

1. Get some **alone** time: Take a **breather** when things get **stressful**.
2. Talk to a **friend**: A venting session can help **reduce** stress.
3. Spend **time** with pets: Pets can help manage **anxiety**.
4. It's **okay** to say "no": Give yourself **permission** to set **boundaries**.
5. Get some **fresh** air: Enjoying nature can **improve** your mood.
6. **Unplug** to recharge: Take a break from **social media/ emails**.



American
Heart
Association.

For more information on heart health please visit the American Heart Association at <https://www.heart.org/> also visit the Community Health Coalition at www.CommunityHealthCoalition.com

