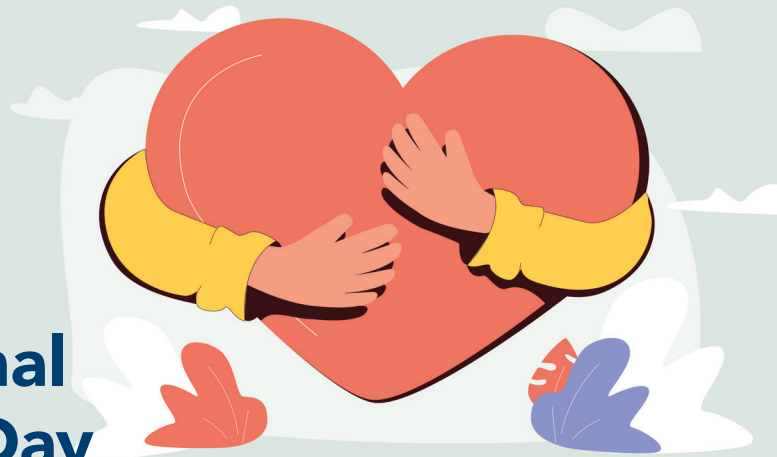


July 24: International Self-Care Day



The International Self-Care Foundation established International Self-Care Day in 2011 to highlight the importance of self-care to our overall health and wellness. Recognized annually on July 24, the day serves as a reminder that a little self-care each day improves our lives every day.

What is self-care?

Self-care is the practice of taking a moment to check in with ourselves and assess our happiness and well-being. Carving a little time out of our busy day, particularly during periods of stress, can provide both physical and mental health benefits. The following tips can help you quiet your mind and body by giving yourself the personal attention you need to be your best:

Deep Breathing

Focus on your diaphragm (the spot just under your rib cage) to draw slow, deep breaths into the lungs and to release them slowly.

Stretching

Stress often appears as tension in our necks, shoulders and head. Stretching, or even just shrugging your shoulders, can relieve tension, make your body more flexible and produce a calming effect.

Meditation and Visualization

Meditation involves “quieting the mind” by blocking out sensory input and distraction, while visualization involves using the brain’s creative capacity to create a stress-free experience, much like daydreaming.

Muscle Relaxation

Progressive muscle-relaxation techniques involve systematically tensing, relaxing and visualizing each major muscle group.

Calming Thoughts

The next time you encounter a stressful situation, take a moment to tune into your thoughts and feelings. Write these thoughts down and then write down a more positive replacement.

For more information on establishing a self-care routine, contact your Employee Assistance Program or log on to [guidanceresources.com](https://www.guidanceresources.com) for dozens of articles, tools and resources to bolster your well-being.



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