Self-Care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it’s a simple concept in theory, it’s something we very often overlook. It involves not only practicing compassion with ourselves, but also in our relationships with others. Practicing self-care and community-care to maintain healthy relationships with ourselves and others is essential to our well-being. The American Psychological Association notes how our relationships can impact our mental and physical health, linking strong social supports with better outcomes in cancer, heart disease, mental health, immune function and mortality.