



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.