



THE SELF-CARE REPORT 2019

TOP 5 SELF-CARE PRACTICES

1. RELATIONSHIPS

94% say that **spending time with loved ones** is their number one self-care practice. Mutual love, respect, and support are fundamental to stay healthy and happy. We all agree, friends and family time is healthy time!



2. EXERCISE

Engaging in frequent physical activity ranked in second place with a score 73%. The benefits of exercise include physical and mental fitness, as well as resistance to diseases and increased productivity. Endorphins rock!



3. PLANNING

Making plans for the future ranks a close 3rd on the list, with a 72% score. Whether you make lists, create vision boards, or simply let your imagination run free with future possibilities, creating a fulfilling vision is a great way to self-care.



4. VACATIONS

67% rank **going on at least one vacation per year** as number 4. Positive, well managed vacations can increase happiness and reduce stress. They can also be a source of renewed energy. So, let's do this often - at least once a year.



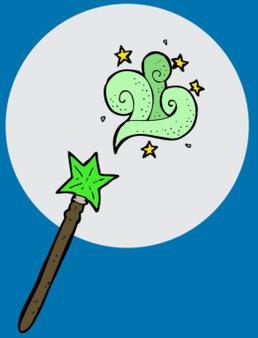
5. SLEEP

Getting six to eight hours of sleep every night ranks a close 5th at 66%. Consistent and sufficient sleep reduces levels of stress, improves blood pressure, and cholesterol levels not to mention concentration and patience. Bedtime, everyone!



TOP 5 SELF-CARE PRACTICES YOU COULD DO MORE OFTEN

1. Engage in frequent physical activity
2. Get 6 to 8 hours of sleep every night
3. Go on at least one vacation per year
4. Find activities that inspire you
5. Reward yourself for your accomplishments



WHAT GETS IN THE WAY?



5 WAYS TO TAKE BETTER CARE OF YOURSELF

1. Create a self-care routine.

Include nutrition, sleep, exercise, and free time. Start small and keep at it.



2. Say NO to others.

Say yes to your routine and your needs. Guard your time with all your might!



3. Delegate.

Forward the email, reassign the task, and ask for help. Outcomes may be different and that's ok.



4. Eliminate.

Unnecessary items can stay on our to do lists for too long. Take a fresh look at your list and delete!



5. Seek joy!

Do what feeds your spirit. More energy will help you be more productive and feel more fulfilled.

