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**COMMUNITY
HEALTH COALITION**

*Improving the Health of Durham
& NC Communities since 1989*

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WOMEN'S HEALTH *IT' ALL ABOUT YOU!*

Self Care

Self care is defined as taking time to replenish the energy that is needed to complete daily tasks and activities.

In today's society, women often multitask to meet the needs of their families, jobs and even themselves. Often this can lead to mental, physical and emotional exhaustion.

Self care is different for everyone. It is important to introspect and find ways that revitalize yourself so that activities are done with excellence. Learning mindfulness activities that can be as quick as 30 seconds to a minute long have been shown to be helpful.



Take Time for Yourself!

Consider the following activities for self care:

- Six to eight hours of rest and sleep helps the body recuperate from daily activities.
- Exercise three to five times a week with some activity that interests you. The activity should last twenty to thirty minutes. This promotes mental and physical health.
- Journaling , praying and meditation are tools that will replenish the soul.
- Counseling is a good resource where you can be given tools to effectively deal with conflict resolution, grief, depression and anxiety. All of these rob us of joy and peace that are gifts that help us enjoy life.
- Pampering either at home or in a spa often help rejuvenate our bodies and promote well being.

Take time to get to know which activity work best for you. It may be one or a combination of different approaches. Schedule your self care as you would a doctor's appointment. You will realize it's worth the time and energy invested.

ABC's To Healthy Self Care -Always be an **a**dvocate for yourself. **A**lways get your annual health exams! Do **B**reast self-exam. Early detection is for your protection. Get a **C**ardiovascular screening. Cardiovascular disease/ heart disease is the #1 killer of African American women, keep your blood pressure in check!

For More information

Please visit www.communityhealthcoalition.com Call us at (919) 470-8680 and/or email contact@communityhealthcoalition.com

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