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SELF-CARE  
**TIPS**  
FOR GOOD  
HEALTH





## SAY NO TO THINGS THAT MAKE YOU FEEL BAD

Setting limits is a really important tool for good self-care. What's an area in your life where you can practice saying "No, thanks"?

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## PRACTICE MEDITATION OR BREATHING EXERCISES

Stress is a reality in our lives. The question is, how do we manage it? Meditation is a tool that many people find helpful for managing stress.

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## FIND SELF-COMPASSION

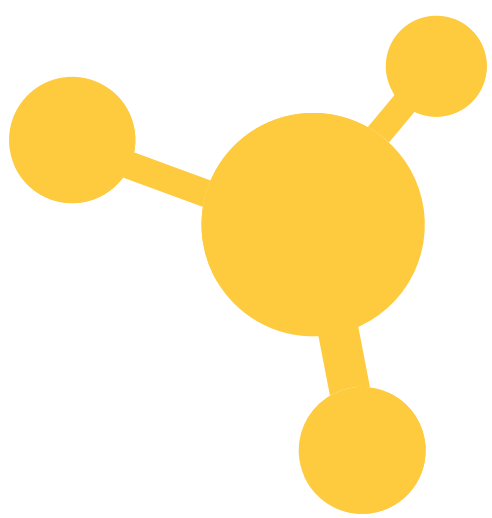
Being kind to ourselves when things are difficult is one of the best forms of self-care. Research show that people who have self-compassion are less likely to be anxious or depressed.



## LEARN TO IDENTIFY YOUR FEELINGS

Our feelings can often seem overwhelming, but the more we learn to identify and accept them, the better we will be able to cope. This can also help us differentiate physical versus emotional hunger, which can decrease emotional eating.

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## GET SUPPORT

When we lose weight, our bodies fight to regain it by lowering our metabolism and adjusting our hunger and fullness hormones. Medical treatments are needed to address these biological changes, which is why getting support from a physician and other healthcare professionals is critical.