



SELF-CARE *for* Young Adults

What is Self-care?

Self-care is a term used for activities and practices that we can engage in on a regular basis to lower stress and increase our health and well-being. It is any activity to alleviate stress. It's not all just trips and pedicures!

Why Self-care?

Self-care is vital to decreasing anxiety and improving your overall mood and well-being. Life can be stressful sometimes, especially being in college or entering the workforce with a food allergy. First and foremost, self-care isn't selfish, it is necessary! Even as a young adult, it is important to not run on empty, but rather make sure you are looking out for and caring for yourself.

Where to Begin?

1 Make a Routine

Self-care needs to become a habit, and therefore should be incorporated as a part of your daily routine. Self-care needs to be something you believe is a necessity to every day. Therefore, incorporate it by naturally building it into your routine. Maybe it's a relaxing cup of coffee in the morning, a walk after work, or a piece of chocolate in the evening—stick to something that works for you!

2 Learn your "No"

Sometimes we get stuck in a "yes" trap, where we say yes to things that we really would've rather said no to. Maybe we say yes because we want people to like us, we are afraid of someone's response, or we feel like we cannot say no. We have to let go of this mentality and find out what our "no" is. What boundaries do you need to set with friends, partners, or supervisors? When you figure this out, you will be able to learn what you need to say "no" to, to protect your joy.

3 Self-Affirmations

Though it may sound silly, writing an affirmation, saying it in your head, or saying it out loud, is highly effective! Try saying or writing self-affirmations daily and watch your life change.

- I am enough!
- I am kind to myself and my family!
- The world is a better place because I am here!
- I am capable and strong!
- Add anything YOU want to start believing!

4 Whatever it is that you love!

Self-care will not work for you if you look at it as a task or a chore. This is something that should fill your tank back up, not drain from it. This could be hiking, taking a walk, sunbathing outside, cooking, baking, etc. Start with something you love to do! If you don't know what it is you love to do, then start by trying several activities to find out what brings you real happiness!