

Importance of Self-Care

Mental Health



Regular participation in self-care can reduce symptoms of anxiety, stress, depression, and burnout.

Physical Wellness



Consistently maintaining healthy habits reduces the risk of chronic diseases and improves immune function and sleep.

Improved Relationships



Taking care of yourself helps you be better equipped to support others.

Productivity



Recharging helps improve focus, self-esteem, and motivation in your work!

Stages of Burnout

Stage One: The Honeymoon Phase

High energy and motivation, but this drive can quickly lead to overworking.

Stage Two: Onset of Stress

Early signs of stress, such as fatigue, anxiety, and lack of sleep. Self-care usually decreases.

Stage Three: Chronic Stress

Stress becomes persistent and resentful; resorting to procrastination, and negative thinking.

Stage Four: Burnout

Symptoms become difficult to ignore, including emotional exhaustion, headaches, and increased self-isolation.

Stage Five: Habitual Burnout

Mental and physical fatigue are unrelenting, and may overlap with depression, apathy, and feelings of being trapped.

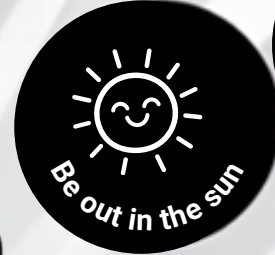
Ways For You To Recharge



Take a break from screens



Drink some tea



Be out in the sun



Stay hydrated



Get unready/do skincare



Eat nutritious foods



Get quality sleep

The Recharge Station

Check your battery!

