

10 Tips to Improve Emotional Self-Care:

1. Set a daily intention

At the start of each day, think about the day you'd like to have and what you want to accomplish. Jot down a few ideas. Planning ahead prevents extra stress later on.

2. Stick to a sleep schedule

1/3 of Americans aren't getting enough sleep. Seven to nine hours of sleep is needed for most people. Aim to go to bed and wake up around the same time each day, even on weekends.

3. Take back your time

Saying no to things you don't enjoy and aren't necessary is an important way to honor yourself. Setting time boundaries and delegating tasks can also help. Try "logging off" your work email at a set hour every day.

4. Ditch the negative self-talk

It's normal to be your own worst critic, but cultivating an inner cheerleader instead can improve your mental health. Self-compassion helps boost happiness and increase motivation. Imagine what a good friend would say to you and try saying it to yourself.

5. Do something just for fun

All work and no play can make you feel burned out. Leisure activities lead to better mental health and lower blood pressure. Make time in your weekly schedule for activities that you love!

6. Stay connected

Friends play a key role in health and happiness. Friends increase your sense of belonging and make it easier to deal with stressful situations. Reach out to others. Having a daily scheduled call/text to someone you love can help mental well-being.

7. Get moving

Exercise improves your physical health and stimulates the production of feel-good chemicals that help decrease depression. Find an activity you enjoy. Find a partner. Start small, even 10 minutes a day will help.

8. Create your own happy place

Elevating your environment is one way to pamper yourself. Treat yourself to comfortable bedding, a cozy reading nook, a new grill. Treat yourself to a set-up that has everything you need within reach.

9. Practice Gratitude

Simply giving thanks can improve your emotional wellbeing. People with higher levels of gratitude are more likely to exercise, eat healthy, and go to the doctor. Others suggest gratitude is tied to better sleep and lower blood pressure. Try writing something you're grateful for each evening.

10. Laugh more

Laughter triggers endorphins, which help relieve stress. Seek out things that make you laugh regularly!