

# Self-Care That Sticks

*Supports: Building Block 16 — Stress Management & Self-Care*

## Why It Matters

Self-care is not a luxury, a splurge, or a spa day you have to earn. It is the everyday practice of meeting your own basic needs so you have the energy to handle everything else. When life gets too full and hurried, it becomes hard to even hear what your body is telling you, let alone respond to it. Caring for yourself gets much easier when you protect a little margin in your day. The most lasting self-care is usually small, ordinary, and repeatable.

## What to Know

### Small acts, done often

Sustainable self-care rarely looks dramatic. It is drinking enough water, eating regularly, getting outside, and letting yourself rest without guilt. These small choices add up, and because they are simple, you can actually keep doing them.

- Fuel your body consistently so you are not running on empty for hours at a time.
- Move a little through the day and give yourself permission to rest when you are tired or unwell.
- Step outside, take real breaks, and make room for activities you genuinely enjoy.

### Protect a little time

You cannot pour from an empty cup, and boundaries are part of how you refill it. Saying no to what does not fit, and asking for help before you are overwhelmed, protects the space self-care needs to happen.

- Say no, without guilt, to things you do not have the time or energy for.
- Delegate or share responsibilities before you hit the point of overwhelm.
- Be gracious with yourself when you slip up; kind self-talk is self-care too.

**Start with one area.** You do not have to fix everything at once. Choose a single small habit that feels doable this week, and let it be enough. Consistency beats intensity.

## Try This

Take stock of how you are caring for yourself across the different parts of your life. Noticing where you are doing well, and where things feel thin, can point you toward one gentle adjustment.

- ? In which area of self-care are you doing well right now: physical, mental and emotional, or social and boundaries?
- ? Which area feels like it could use a little more attention?
- ? What is one small, realistic step you could take this week to care for yourself?