

Self-Care Has Never Been More Important

自我照顧，前所未有地重要

What we mean by self-care

Self-care is what you do to take care of yourself to stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress.

Here are a few self-care tips to get you started.

Take time for you. Even if it is 10-minutes each day relaxing by yourself, a little solitude can help you unwind.

Sleep better. Your behavior during the day and especially before bedtime can have a major impact on the quality of your sleep. Check out the CDC's good sleep habits. Even a few slight adjustments to your routine can mean the difference between good sleep and a restless night.

Eat well. Good nutrition is essential to self-care. Your relationship with food can create a sense of balance in your life. Here are some tips.

Get moving. Even mild exercise will help calm your mind and lower stress levels. Aim for 20 minutes several times each week. If you're not up for a high energy workout, find a leisure activity that you enjoy, like working in the garden, washing your car, or taking a bike ride.

Find ways to relax. Focusing attention on your breath, practicing guided meditation, doing yoga, or walking in the woods can help quiet your mind. Try this 5-minute guided meditation: Qigong for Vitality

什麼叫自我照顧？

自我照顧意謂你採取照顧好自己，維持身體、精神和情感上健康的努力。研究表明，自我照顧可以促進良好的健康成效，如培養抗壓能力、延長壽命，並能更好地處理各種壓力。

以下是自我照顧的小技巧，幫助你開始。

捨得為自己花時間。即使是每天十分鐘的自我放鬆，一點點的獨處也會讓你心情鬆弛。

改善睡眠。你在白天的舉動，特別是臨睡前的行為，對你的睡眠質量有很大影響。查閱CDC的良好睡眠習慣建立指南

吃得好。良好的營養對自我保健至關重要。你與食物的關係會營造你生活的平衡。這有一些提示

活動一下。即便是輕微的運動，也有助於平靜你心靈，降低你的壓力水平。爭取每週做幾次20分鐘的運動。如果你不願意做高能量消耗運動，可以找你喜歡的休閒活動，比如在花園裡工作或騎自行車。

找到放鬆的方法。把注意力集中在你的呼吸上，參與有教練指點的靜坐或瑜珈，或在樹林裡散步，這可以幫助你靜下心來。試試這個五分鐘的引導式靜坐：氣功與活力



Schedule time with friends or family. Maintaining social connections is an integral part of self-care and helps build your sense of belonging.

Do something you enjoy every day. That might mean listening to music, getting lost in a good book, dancing, or watching your favorite TV show.

It doesn't need to be complicated. Self-care covers a wide range of things from the most basic, like making sure you're eating healthy foods, to practicing mindful movement. For more tips go to Mental Health America. And focus on what makes you feel calm, connected, and happy.

Sources: Mental Health America, American Psychiatric Association, Center for Disease Control

安排與親朋好友相處的時間。保持社交聯絡，是自我照顧的重要部分，這有助於建立你的歸屬感。

每天做一些自己喜歡的事。這意味著你可以聽音樂啊，沈溺於一本好書啊，跳舞啊，或者看你喜歡的電視節目，等等。

它並不需要搞得很複雜。自我照顧涵蓋了廣泛的內容，比如從最基本的確保吃健康食物，到練習心靈沈浸式的活動。如需更多提示，請訪問美國心理健康網站。同時，專注於讓你感到平靜、有連接感和快樂的事情上。

資料來源：美國心理健康協會、美國精神病學協會、美國疾病控制中心。