Self-care isn’t selfish

Taking care of yourself can help you recharge. But you don’t need a trip to the spa to reduce stress. Try these proven activities anytime, anywhere.

1. **Get some alone time**
   - It’s okay to take a breather when things get stressful.

2. **It’s okay to say “no”**
   - Give yourself permission to set boundaries.

3. **Talk to a friend**
   - A chat (or venting session) can help reduce stress.

4. **Get some fresh air**
   - Walking in nature can improve your mood and relieve anxiety.

5. **Spend time with pets**
   - They can help you manage anxiety and get you moving more.

6. **Unplug to recharge**
   - Take a break from social media, email and stressful headlines.

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