

## Self-Care

*Self-care is never a selfish act – it is simply good stewardship of the only gift I have,  
the gift I was put on earth to offer to others.*

Parker Palmer

*Almost everything will work again if you unplug it for a few minutes, including you.*

Anne Lamott

Self-care allows us to be as strong and healthy as possible. This is good for us, and also allows us to care for others in a healthier and more sustainable way.

Here is a foundational framework for taking good care of yourself.

- What brings you joy?
- What cultivates renewal and restoration?
- What helps you prioritize?
  - Enough Sleep
  - Good Nutritious Meals
  - Drinking Water
  - Regular Movement/Exercise
  - Connection with God, Family, Friends

What else helps you manage stress and take good care of yourself? Think of daily, weekly, and special activities that help you “fill your cup”.

