

What does it mean to care for self?

Basically, self-care is any activity that you do voluntarily which helps you maintain your physical, mental, emotional, social and spiritual health. It can help you feel healthy, balanced, relaxed and ready to take on your work and responsibilities.

What Is Self-Care?

Self-care is care provided “for you, by you.” It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that nurture you. Self-care is about taking proper care of yourself and treating yourself as kindly as you treat others.

What Is Self-Care?

Self-care is a very active and powerful choice to engage in the activities that are required to gain or maintain an optimal level of overall health. Overall health includes not just the physical, but also the psychological, emotional, social, and spiritual components of an individual's well being.

If you would like to explore your self-care plan, please call Rev. Michael Warner, Clergy Care Services Director at 317-550-5406 or email at Michael.warner@inumc.org.