

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

DECEMBER
2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!

Make time for self-care

Goal: Manage stress & avoid burnout



"Self-care means
giving yourself
permission to
pause."

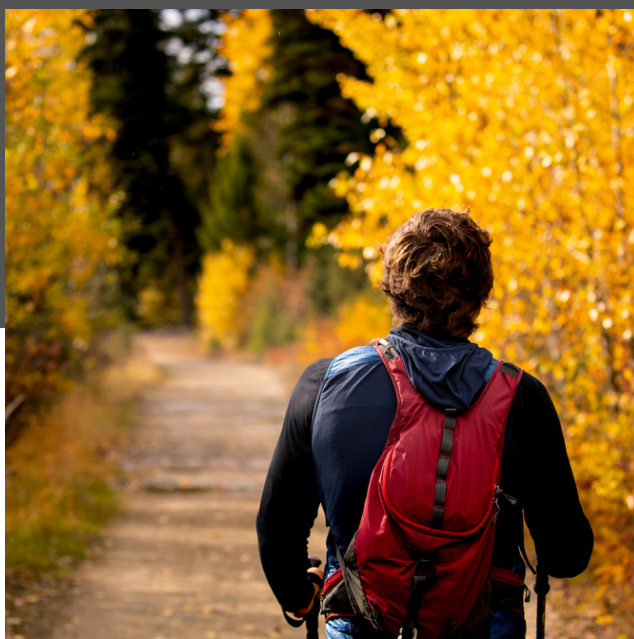
-Cecilia Tran

Self-care is the intentional act of caring for ourselves. It is making the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke, and cancer.

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. Even small acts of self-care in your daily life can have a big impact.

DECEMBER RESOURCES

10 MINUTE
MINDFULNESS
MEDITATION



How and Why to Practice Self-Care

Check out these tips from Mental Health First Aid on how you can support yourself and those around you with self-care practices

50 Self-Care Ideas for a Bad Day

These 50 ideas are just some of many ways you can practice self-care. Bonus: many of these self-care ideas are completely free!



Remember to submit your training log by December 31 to be entered to win this month's prize!

SUBMIT YOUR
LOG HERE