

## Southern University Land- Grant Campus Self-Esteem & Socialization Fact Sheet



### Self- Nurturing

When is the last time you did something for yourself? Between work, household chores, and raising a family, your day is often crammed with things to do and places to be. We all have those moments of feeling stressed and overwhelmed at one point or another in our life. When this happens it's important to de-stress and recharge your battery with a little self-nurturing.

Check out these 7 easy no cost refreshers to help you get started:

1. **Set Realistic Goals**

Identify what is most important in your life and make a list of specific goals. Then set priorities and develop a plan of action to accomplish them. The way to manage your daily stress is to set goals for yourself. Goal-setting will help reduce stress by giving direction to your life and a sense of accomplishment when those goals are achieved.

2. **Stay Positive**

Always keep an optimistic mindset and surround yourself with supportive people. Being positive is about choosing to see the good in life and hoping that things will get better, even when you aren't sure. If you eliminate the negative, you can focus on the positive.

3. **Squeeze in Exercise**

Regular physical activity improves mood, increase energy, and relieves stress. Get a minimum of 30 minutes a day, three to five times per week. Going for a walk, riding a bike, and dancing are all great ways to exercise. Remember, you're more likely to stick to something you really enjoy, so choose a workout you really like.

4. **Eat Healthy**

Make sure you eat three sensible meals a day, along with nutritious snacks like fruits and vegetables. A well-balanced diet combined with exercise is the foundation for good health. Eat a variety of food from all food groups and drink plenty of water to help your body get the energy and nutrition it needs to function. Healthy eating will help you feel better, maintain a proper weight, and prevent disease. Make small changes to improve your lifestyle each day.

5. **Get Enough Sleep**

Most adults need at least seven to nine hours a night to feel their best. Adequate sleep is important for physical renewal and can help you improve memory, lower stress, and boost your immune system. Get a good night's rest and when needed, take naps.

6. **Relax & Enjoy Life More**

Give your mind and body a break. Relaxing is not only about resting your body it's just as important for your mind too. Make relaxation a priority. Enjoy a nice bubble bath, listen to soft soothing music, or have quiet time through meditation.

7. **Remember to Laugh**

Life is meant to be enjoyed. Create opportunities to laugh by watching a funny movie, hosting game night with friends, or sharing a good joke. Laughing can help you manage stress and anxiety by releasing endorphins, which make us feel happy and reduce pain. Bringing more humor and laughter into your life will improve your mood and relieve tension. Sometimes the best way to deal with life's many challenges is to simply laugh.