

# Self-Care

## Articles:

[Self-Care 101](#): This article by Rebecca Dolgin, featured in Psycom, discusses benefits of self-care and steps to take to ensure you are doing it.

[Burnout Symptoms and Treatment](#): Spreading yourself “too thin” or being overly involved in too many areas can leave you feeling tired, overwhelmed, and stressed out. Help yourself by recognizing the signs that it might be time to invest in yourself.

[Developing a Self-Care Plan](#): There are many different types of aspects when it comes to self-care. Stressors may come from personal or professional relationships, workplace dynamics, overinvolvement in activities, or unhealthy boundaries. Identify and work with your support system to develop a self-care plan.

[Taking Care of Yourself](#): Did you know that stress can manifest itself in physical symptoms, too? In this article by NAMI (National Alliance of Mental Illness), learn about the ways that stress affects you and how to protect your physical health.

## Online Op-Eds:

- [Self-Care Isn't Just Good For You-- It's Also Good For Your Productivity](#)
- [How Do You Practice Self-Care?](#)
- [Lizzo: Self-care has to be rooted in self-preservation, not just mimosas and spa days](#)

## Podcasts:

[Happy Place](#): “Fearne Cotton presents 'Happy Place', a podcast on wellbeing, mental health and the journey around happiness. With guests such as Matt Haig, Paloma Faith and Stephen Fry, Cotton breaks down the highs and lows of life with utmost kindness and honesty. It's warming to listen to.”

[Oprah's Super Soul Conversations](#): “When does Oprah do anything wrong? The name of her podcast does exactly what it says on the tin. Her podcast super soul conversations explores life in all its facets. This podcast will make you be inspired by life and possibly make your own change.”

[Radio Headspace](#): “Every week, Georgie Okell talks to athletes, explorers, scientists, members of our Headspace community and more, to find out how the mind can drive us to reach our goals and change our lives, what is important to us and what motivates us, as well as the science behind why we make certain decisions, and think the way we do.”

[Unlocking Us with Brene Brown](#): “Join researcher and #1 New York Times best-selling author Brené Brown as she unpacks and explores the ideas, stories, experiences, books, films, and music that reflect the universal experiences of being human, from the bravest moments to the most brokenhearted.”

### **Documentaries/Movies:**

When it comes to self-care, this is an area where you can choose what types of media brings you peace and joy. *Some of our favorites include:*

[Queer Eye: More than a Makeover](#): “Grab some tissues! An all-new “Fab Five” serve up hip tips, emotionally charged makeovers and heartfelt reveals that bring out all the feels.” (FREE on Netflix)

[Tidying Up with Marie Kondo](#): “In a series of inspiring home makeovers, world-renowned tidying expert Marie Kondo helps clients clear out the clutter -- and choose joy.” (FREE on Netflix)

[Happy](#): “Filmmaker Roko Belic travels to more than a dozen countries, searching for the meaning of happiness.” (FREE on Tubi)

### **Ted Talks:**

[The Power of Vulnerability](#): “Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.”

[All it takes is 10 mindful minutes](#): “When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in uncomfortable positions.)”

[Got a Meeting? Take a walk:](#) “Nilofer Merchant suggests a small idea that just might have a big impact on your life and health: Next time you have a one-on-one meeting, make it into a “walking meeting” -- and let ideas flow while you walk and talk.”

### **Books:**

[Girl, Stop Apologizing:](#) “Rachel Hollis has seen it too often: women not living into their full potential. They feel a tugging on their hearts for something more, but they’re afraid of embarrassment, of falling short of perfection, of not being enough.” Another Rachel Hollis favorite is [Girl, Wash Your Face.](#)

[The Power of Meaning:](#) “Living a meaningful life is more difficult than ever before. Many of us feel as though we need to go to great lengths to achieve meaning or significance. Emily Esfahani Smith explores meaning-making by talking to experts in thought and behavior and studying iconic figures in literature and history. Based on her in-depth research, Smith exposes a very powerful truth: we can find purpose in our lives simply by connecting with those around us, working toward a goal, and sharing our story with others.”

[Professor Chandra Follows His Bliss:](#) “Professor Chandra is an internationally renowned economist, divorced father of three (quite frankly baffling) children, and... a recent victim of a bicycle hit-and-run. The doctor who oversees Professor Chandra’s injuries recommends that he take a step back from his high-stress career and focus on following his bliss instead. Professor Chandra doesn’t know it yet, but he’s about to embark on the journey of a lifetime. If you want to escape into a fictional world while still being reminded of the importance of self-care, this is a great read for you.”

[Greatness is Upon You: Laying the Foundation:](#) “This is where you change your course from a life of disappointments, failures, broken promises, selfish ambitions and mediocrity to one of self-fulfilling accomplishments.”