

Houston County Health & Wellness

SEPTEMBER 2022 EDITION



SELF CARE



A WELCOME MESSAGE BY MRS. ALLEN!

- Hello, my name is Mrs. Georgia Allen. I am your School Counseling Coordinator for Houston County Schools!
- Each month we will focus on a topic to improve our overall health and wellness.
- September is Self Awareness Month so we will focus on Self Care!

WHAT IS SELF CARE?

Self-care is when you take time to do things that make your mind and body feel calm and happy. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience.

DID YOU KNOW?



On average, people only spend 15 minutes a day on health-related self-care.

TYPES OF SELF CARE

Physical



Emotional



Spiritual



Social



SELF CARE ACTIVITIES

- Eat more fruit, vegetables, lean protein and whole grains.
- Get moving every day.
- Spend quality time together.
- Develop a bedtime routine.
- Talk about how you're feeling.

SELF CARE ACTIVITIES

