



TAKING CARE OF YOURSELF

SELF-CARE

Self-care refers to the actions that individuals take in order to develop, protect, maintain and improve their own health and wellbeing.

Self-care involves a personal investment in maintaining physical, psychological and spiritual health, and pursuing a fulfilling, well-rounded life.

The components of good self-care will be personal to you, but any approach will require a willingness to look at multiple areas of your life and evaluate it carefully.

Here is some information to help you explore and balance your self-care:

Stress management – this is vital and necessary to help us cope with our work in our various duty stations.

[IOM STRESS WORKBOOK](#)

Self-care -explore your approach to the many facets of self care through this presentation:

[IOM SELF CARE](#)



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