

# TOP 10

## Self-Care Tips for WOC Women

This Women's History Month, let's take time to care about a very special woman— **YOU!**

### Stay hydrated, Rest and Move.

The basics and foundation for wellness

### Ask yourself what you need.

"H.A.L.T." - Are you hungry, angry, lonely, or tired? Take the time to tune in to what you need, so you can take care of yourself.

### Evade the Emotional Tax.

You have the right to use your voice, step back, heal, recuperate and determine if your current environment is the right one for you.

### "No" is a full sentence!

You can't be everything to everyone—balancing your commitments is looking after yourself and your time.

### Make self-care a habit!

Doing something for yourself once is a great start, but a consistent, prioritized routine of doing something that recharges your energy is key!

### Embrace Your Faith.

Nothing gets people of faith more centered through their beliefs than prayer, meditation, devotional readings to stay connected to your higher calling.

### Spend time in community!

Family, friends, anyone positive. Also, professional connections and organizations (like WOC!) can help build your community and network.

### Treat yourself like you'd treat your best friend.

End negative behaviors and words towards yourself and be your own number one fan — your mood and confidence will lift!

### Detox from technology and work!

You deserve time away from the office. Having strong boundaries around work emails, texts, and calls can help create the important downtime we need to thrive!

### Always remember—

You are **Gifted.**  
You are **Beautiful.**  
You are **Radiant.**  
You are **WOC.**