



It's your turn

Take care of you

Why self-care matters

Every day, you do it all. You dedicate time and energy toward people, commitments and all the things that matter to you. But how often do you make time for self-care? How do you nurture yourself, too?

It's vital that you take care of your body, mind and spirit regularly. And not just when you're sick. This helps you thrive and keeps your health in balance. So even amid the chaos and your day-to-day responsibilities, pay attention to your well-being, too.

Give your health and yourself love

Your health is everything. So never feel guilty about nurturing yourself. After all, self-care isn't selfish. It strengthens you and enables you to support your commitments and loved ones better. More importantly, it's what you need to feel and do your best.

What does self-care look like? That can be up to you. To start, you can learn how to eat healthy, exercise regularly, manage stress and take breaks when you need them. Just do what you need to take care of you.

[aetna.com](https://www.aetna.com)

45.03.425.1 (12/19)



What have you done for yourself lately?

Here are some things you can do for regular self-care:



Get enough sleep

Aim to get at least 8 hours of sleep each night. Set a bedtime routine and then stick to it. If you need an energy boost, take a short 10- to 20-minute nap during the day.



Exercise

This can help you feel and sleep better. Aim for at least 2.5 hours of moderate to intense physical activity a week.



Eat healthy

Eat fruits, veggies and whole grains. This will give you more energy to carry you throughout the day. It will also help you avoid impulse snacking.



Do something you enjoy

Pursue your hobbies, even if it's just for a few minutes a day.



Connect with others

Spend time with loved ones. It can be something as simple as meeting for coffee or going for a walk. No activity is too small.



Get regular medical checkups

This includes dental and eye exams and mental health checkups, too. These can help you stay your healthiest.



Achieve your health goals with online coaching

What parts of your health do you want to improve? Join an online health coaching program, and you can learn to eat better, sleep better, be more active and so much more. You can even get self-care tips to manage conditions such as asthma or diabetes.

To get started, just log in to your member website at [aetna.com](https://www.aetna.com).

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Copyrighted material adapted with permission from Healthwise, Incorporated. For more information about Aetna® plans, refer to [aetna.com](https://www.aetna.com).