



# Be Heart Smart\*



## Self-care isn't selfish

Taking care of yourself can help you recharge. But you don't need a trip to the spa to reduce stress. Try these proven activities anytime, anywhere.

**Get some alone time**  
It's okay to take a breather when things get stressful.



**It's okay to say "no"**  
Give yourself permission to set boundaries.

**Talk to a friend**  
A chat (or venting session) can help reduce stress.



**Get some fresh air**  
Walking in nature can improve your mood and relieve anxiety.

**Spend time with pets**  
They can help you manage anxiety and get you moving more.



**Unplug to recharge**  
Take a break from social media, email and stressful headlines.



\* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



**THE OHIO STATE UNIVERSITY**  
EXTENSION

OSU Extension Office - - Washington County  
1115 Gilman Avenue, Marietta, OH 45750  
740-376-7431

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