Self-care refers to selected actions that restore balance in our personal and professional lives.

**EXERCISE**
- Light exercise 3 days a week improves happiness by 10-20% increases work productivity by 15%

**READ**
- A new trend in treatment of mental illness; boosts creativity and activates sensory areas of the brain.

**LAUGH**
- Laughter strengthens the immune system, boosts creativity and decreases pain.
  - Children laugh over 300 times per day
  - The typical adult chuckles 15 times per day

**EAT WELL**
- Omega-3 fatty acids improve learning and memory and fight mental disorders. Carbohydrates aid in the release of endorphins.

For a self-care starter kit, please visit http://www.socialwork.buffalo.edu/students/self-care/