

**WHAT IS SELF-CARE, AND HOW DO YOU DO IT?**  
**Kenleigh McMinn, PhD, Baylor Scott & White Health**

{\*\*ON CAM\*\*}

“SELF-CARE” CAN HELP LOWER STRESS LEVELS AND IMPROVE OVERALL HEALTH. BUT WHAT IS SELF-CARE AND HOW DO YOU DO IT?

{\*\*TAKE VO\*\*}

CLINICAL PSYCHOLOGIST KENLEIGH MCMINN SAYS SELF-CARE IS MAKING TIME TO DO THINGS THAT SUPPORT YOUR MENTAL HEALTH. WHILE ACTIVITIES LIKE EXERCISE OR MEDITATION ARE COMMON SELF-CARE PRACTICES ... SHE SAYS EVERYONE HAS TO DEFINE SELF-CARE FOR THEMSELVES. MCMINN SAYS TRUE SELF-CARE SHOULD IMPROVE YOUR MENTAL HEALTH IN THE LONG TERM.

{\*\*TAKE SOT\*\*}

Kenleigh McMinn, PhD  
Baylor Scott & White Health  
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“If it's an activity that in the moment you're maybe feeling better or you're just disconnected from what you were feeling before, but as soon as you stop, you don't actually feel any different than before, maybe you even feel worse than before, that's a sign that that's maybe actually not the healthiest self-care activity.”

{\*\*ON CAM\*\*}

WONDERING WHERE TO START? MCMINN SAYS BUILDING OUT BASIC HABITS LIKE GETTING ENOUGH SLEEP AND DAILY MOVEMENT ARE THE BUILDING BLOCKS OF SELF-CARE.