

Self-Care & Mindfulness



What is Self-Care?

Engaging in activities or behaviors that improve your mental, physical, emotional, social, and inner or spiritual well-being.



Ways to Practice Self-Care

Get Adequate Sleep

Eat Three Meals a Day

Set Boundaries

Lean on Support System

Practice Mindfulness



How to Practice Mindfulness



Mindful Breathing: Try Square Breathing, Alternate Nostril Breathing, or Diaphragmatic Breathing

Mindful Movement: Go on a Nature Walk, Try Yoga

Mindful Focus: Be Fully Present in Daily Routine, Sit in Meditation

VMHS Groups



N O M 
Elevating Veterinary Wellbeing

nomv.org