



Replacing Food Scarcity with Food Security

FRFB Health Equity Monthly

Health Equity and Self-Care

BY LATOYA BROWN

Self-care is an important part of achieving health equity. Self-care strategies can include engaging in physical activity, getting adequate sleep, eating healthy meals, and taking time for relaxation and stress management activities. Additionally, it is important to make sure that you have access to quality healthcare and mental health services to ensure that any health issues are addressed in a timely manner. Mental health is an important part of self care. Taking care of your mental health is just as important as taking care of your physical health. It's important to recognize when you're feeling overwhelmed, stressed, or anxious. It is also essential to have a strong support system of family, friends or co-workers to turn to when times get tough. Finally, it is important to stay informed of the

disparities that exist in health outcomes and to take steps to help reduce health disparities in your community. By caring for yourself and advocating for health equity, you can help create a better and healthier world for everyone.



"You yourself, as much as anybody in the entire universe, deserve your love and affection."

-Buddha

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Self-Care Tips

Here are a few tips to help take care of yourself:

1. Make time for yourself. Schedule in some 'me time' every day, even if it's just for a few minutes.
2. Eat well and stay hydrated. Make sure to get your five-a-day and drink plenty of water.
3. Get enough sleep. Aim for at least 7 hours of sleep each night.
4. Exercise regularly. This doesn't have to be intense, just a walk in the park or a yoga class can help keep you feeling good.
5. Connect with friends and family. Reach out to your loved ones and make sure to spend quality time with them.
6. Take time for hobbies. This can be painting, reading, playing an instrument, or anything else that brings you joy.
7. Spend time in nature. Get outside and take in the fresh air and natural beauty around you.
8. Practice mindfulness. Meditation and breathing exercises can help you stay present and feel good.
9. Pamper yourself. Do something special for yourself, like getting a massage, or taking a hot bath.
10. Listen to your body. Pay attention to how you feel and make sure to take breaks when you need them.



“Self-care means giving yourself permission to pause.”
— Cecilia Tran