**Self-Care Wisdom**

**By Assaad Mounzer, M.D., MA, ACC**

**1. Care for yourself enough to make your own health a top priority.**

**2. Live mindfully in alignment with your values.**

**3. Demonstrate gratitude and have a positive outlook on life.**

**4. Exercise/walk on a regular basis.**

**5. Take time to regularly rest, connect with nature.**

**6. Adapt to change and suffering, build resilience.**

**7. Use acceptance and equanimity. Acceptance is the foundation for developing inner peace, stability, strength, and wisdom.**

**8. Invest in meaningful relationships**

**9. Forgive yourself and others, repetitively.**

**10. Have a purpose and higher meaning for your life.**

**11. Be of service**