

# International Self-Care Day



**Harvard Medical School defines self-care as “paying attention to and supporting one’s own physical and mental health.” Self-care is not only important for you, but it’s also important for those around you.**

By practicing and actively supporting your own self-care, you can help ensure that you are safely and happily able to care for those around you. A quote by Harvard Medical School, “...we can’t function very well if we aren’t very well. If it is important to us to be able to take care of others, then we must pay attention to our own well-being.”

**So how does self-care help?** In short, it helps in a variety of ways! Self-care can have a positive physical impact on your well-being if you want to engage in activities like walking or hiking in nature. And those same activities can also help with your mental health and an overall sense of feeling good. Self-care can also include things like taking a long bubble bath, journaling, or reading your favorite book, which can be wonderful for your mental health, along with de-stressing, helping you find peace, and overall allowing yourself to recharge.

## Resources

- [What Does Self-Care Actually Mean? | Right as Rain by UW Medicine](#)
- [Self-care: 4 ways to nourish body and soul - Harvard Health](#)
- [5 Self-Care Tips for Foster Parents - Foster Plus](#)
- [Self-care tips to manage mental health and wellness - Mayo Clinic News Network](#)
- [INTERNATIONAL SELF CARE DAY - July 24, 2026 - National Today](#)

**Why is self-care important?** Self-care is important because it can help you combat burnout, along with overall supporting your health (body, mind, and soul) and happiness. Morgan Turner, a licensed independent clinical social worker at UW Medicine states, “You can only drive so far before you run out of fuel, but if you fill up every so often, you’ll never have an empty tank.”

Remember, there is no right or wrong way to practice self-care. Everyone is different, so find something that works for you and that makes you happy and recharged. Try incorporating self-care daily, to help get you started here are a few examples of what self-care might look like:

- Do something physical—walk, swim, do yoga, go bike riding, go to the gym, start every morning by stretching, have a goofy dance party.
- Do something for your mental health—counseling/therapy, journaling, meditating, breathing exercises, soak up the sun or decompressing in nature, make a list of all the things you love and admire about yourself.
- Do something just for you—read your favorite book, relax in a nice bubble bath, cook your favorite meal, make time to laugh and chat with your best friend, get an hour massage, go shopping alone, watch your favorite show.

We also know that summer can be a hard time since children are out of school. To help you find time to recharge, consider talking to your social worker and/or Tribal social worker about summer activities for the children/youth that you care for. Many communities have camps, programs, classes, and sports. These are things that the children/youth may really enjoy and will also allow you some summertime respite. Remember, self-care is not selfish, it is important to your overall health and wellbeing.

You can also contact Fostering Well-Being and we can send you our most updated copy of our “Resource Guide” that has summer camp, respite, and free/discounted activities that you may find helpful.

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