

# Most Popular Self-Care Resources of 2022

Stress and anxiety can have long-term impacts on your health and well-being. As we near the end of the year, we hope you'll reflect on how regularly you tend to your self-care and create a plan for 2023 to make (or keep) it a priority. To get started, view this year's most popular self-care resources.

- Download this FREE app for daily tips on taking action to be happier and healthier  
[actionforhappiness.org](https://actionforhappiness.org)
- Investigate what you're feeling at the moment, or examine the feelings at the opposite end of the feeling to see how you might transform your experience  
<https://bit.ly/30CODOA>
- Assess whether you are thriving, surviving, struggling, or in crisis  
<https://bit.ly/3pf1oSh>
- Use these 100 simple techniques to help your body release stress  
<https://bit.ly/3rwnRLu>
- Start your morning with these 7 powerful routine starters for social workers  
<https://bit.ly/3w7j7g8>
- Adjust your focus back toward yourself so that you can attend to your own needs  
<https://bit.ly/3Tj8CQU>
- Learn ways to fit self-care into an already packed day  
<https://bit.ly/3IV0VSM>
- Prevent burnout with these effective physical, psychological, and spiritual methods  
<https://bit.ly/3MHwUIM>
- Adopt a resilience mindset to persevere and flourish even in the face of challenge  
<https://bit.ly/3FKGiA1>
- Determine your score on the Professional Quality of Life Scale to learn about your compassion satisfaction, burnout, and STS  
<https://bit.ly/3XNMTnE>
- Choose an activity that you can do today to gain a more balanced sense of self  
<https://bit.ly/3tzkxjn>

