

NATIONAL SELF CARE DAY

APRIL 5TH



1

75% of Americans believe that self care activities provide stress relief.

2

67% of Americans saw increased productivity from self care practice.

3

71% of Americans saw an increase in happiness following self care activities.

4

64% of people saw a self confidence boost from practicing self care.

5

74% of people in America associate self care with taking care of the body.



Cleveland Clinic

LIFESTYLE EAP