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## HEALTHY ME

Welcome to the Hendricks Regional Health self-care page brought to you by the Hendricks Regional Health Wellness Team. Our goal is to provide easy access to a wide variety of updated, usable and comprehensive information on self-care in order to help you achieve and maintain your highest level of health and function possible. In checking back here frequently, you will have access to current self-care help available from our expert associates on a wide variety of topics. We also invite you to [sign up for BeWell](#), a free online health and wellness resource from Hendricks Regional Health.

### What Is Self-Care? (Click for additional information)

Check out additional information below to help you get started!

"You have permission to rest. You are not responsible to fixing everything that is broken. You do not have to try to make everyone happy. For now, take time for you. It's time to replenish."—Unknown

## Unload for the Upcoming Holidays



Do you feel like you're still dragging after the rush of summer? Fall is the season that prepares nature for the pruning process which will ultimately result in new growth. It's a great time to take an inventory of what you need to trim back or tend to differently as you settle inward for the coming months. Take a few moments to do this [Lighten Your Load Meditation](#) (Adapted from Tris Thorp of the Chopra Center).

Please contact the Hendricks Regional Health Wellness Team if you have any questions about [self-care](#). [\(317\) 745-4451](tel:(317)745-4451)

## Previous Content

- [Help for the Holidays](#)
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## Practical Self-Care Tips

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Visit our Mind Body website to create an account and begin registering for classes:

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Hendricks Regional Health is a hospital system with medical facilities and a physician group serving residents of Hendricks County in suburban Indianapolis, Indiana (IN), including the towns of Avon, Bainbridge, Brownsburg, Danville, Greencastle, Lizton, Monrovia and Plainfield.

### Connect with Us



### Contact Us

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### MyChart Portal Access

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