



WHAT the FRELL is NERDCARE???

NerdCare is a type of self care - it's about knowing what we need to do to nurture and care for the geeky side of ourselves. It's an act of doing something deliberately to take care of our physical, mental, and emotional aspects. We're all nerdy about something. Many of us feel that we don't have the time to do those nerdy things that make us happy. Sometimes life becomes a monotonous list of tasks and activities. NerdCare is choosing to make time for our geekiness.

WHY is NERDCARE IMPORTANT??

Taking care of ourselves helps us to reduce stress, value our self-worth, build confidence, helps us refocus our lives and priorities, makes us more productive overall, and prevents burnout. Aren't you tired of simply existing when you could be living? It can be easy to neglect yourself when you're busy and everything seems overwhelming. Sure, there are times to buckle down and get it done, but when we live like that every day, our physical, mental, and emotional selves become unhealthy and worn out. It's exhausting to be surviving rather than enjoying the amazing world around us. There are so many awesome things to experience and explore! Regular NerdCare can help bring you to a happier and healthier place.

DUDE! I'M DRAWING A BLANK! DO YOU HAVE ANY NERDCARE SUGGESTIONS?

First, ask yourself these questions:

- 1) What am I nerdy about?
- 2) What is something that I used to do which brought me joy?
- 3) What is something that I've always wanted to try but never found the time for?

If you're super passionate about anime, check out a new show you've been interested in. If you're all about reading, go to the library, get that library card, and take a risk on a book you aren't sure you will like. Maybe you're nerdy about crafts, about beer, about space, or about superheroes. Whatever it is that you geek-out about is a great place to start. But just in case you are SO burned out that your brain has decided to ragequit, here's a handy-dandy list of things to try:

- SUPER COOL NerdCare 101 Idea List!
- ☐ Check out a new comic book
 - ☐ Have a game night with family / friends
 - ☐ Plan on going to a nearby convention and build a cosplay for that convention
 - ☐ Re-watch your favorite t.v. show or movie
 - ☐ That thing that you keep saying you're gonna build? Build that thing!
 - ☐ Check out a class on something that you have always wanted to learn.
 - ☐ Go to a museum
 - ☐ Learn Klingon
 - ☐ Log in to your video game account and play for 30 (ish) minutes - or more
 - ☐ Write a fan letter
 - ☐ Do a puzzle
 - ☐ Doodle
 - ☐ Write fan fiction



• do ONE nerdy thing every day for a whole week - just 7 days

* Totally doesn't count if it is something that you already do on a regular basis or for work, like say ... drawing a weekly webcomic ... just sayin' ...