

# SELF CARE

## AFTER BARIATRIC SURGERY

### FUEL YOUR BODY

Eat wholesome meals.  
Don't fill - but fuel.



### GET MOVING!

Find an activity that you'll  
enjoy doing consistently



### PRIORITIZE YOURSELF

Put yourself first. This is your  
time to shine. Learn how to set  
clear boundaries.



### REST & SLEEP

Prioritize sleep. Create a  
relaxing bedtime routine.  
Stay away from screens  
before bedtime.



### STAY HYDRATED

Drink more  
water. Try  
herbal teas if  
you don't like  
the taste of  
water.



### FORGIVE YOURSELF

No matter what you've  
been through. Forgive  
yourself. You're only  
human. Move forward.



### CELEBRATE NSV'S

Celebrate  
your non-  
scale  
victories.  
Every. Single.  
Day.

