

Self-Care

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day. Self-care is not synonymous with self-indulgence or being selfish. Self-care is an important part of living a healthy and happy lifestyle.

We lead increasingly busy lives and it can be easy to forget to put yourself first, especially if you have multiple responsibilities and other people to care for. Nevertheless, looking after yourself will make you feel better, and the better you feel, the better you will be in all areas of your life – from work to relationships.

Self-care doesn't have to involve a huge time commitment and it doesn't have to cost the earth, it is about making a commitment to putting yourself first, even just for a while.

There are a few different categories of self-care:

- **Emotional self-care**, such as self-talk, weekly bubble baths, saying "no" to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend
- **Physical self-care**, such as prioritizing sleep, adopting an exercise routine you can stick with, choosing healthy and nourishing foods over highly processed ones
- **Spiritual self-care**, such as attending a religious service, spending time in nature, meditating, incorporating regular acts of kindness into your day, or keeping a gratitude journal

Here are some of our top tips for self-care that won't break the bank:

- Get a good night's sleep
- Drink lots of water
- Go for a brisk walk
- Take a relaxing bath
- Say no to something you don't want to do
- Listen to your favourite music
- Watch your favourite film
- Make something healthy yet delicious for dinner
- Make a list of five or more things you like about yourself
- Spend time with loved ones

Resources:

Self Care Toolkit

Self Care wheel

Self Care Assessment worksheet

Self Care Starter Kit

Self-care coping strategies

<https://www.annafreud.org/on-my-mind/self-care/>

Why Self Care can help you manage stress

<https://www.verywellmind.com/importance-of-self-care-for-health-stress-management-3144704>