

Self-Care

Happy Well-being Wednesday.

Today's snippet is just another little reminder of the important topic of self-care. Yes, it's 'that' buzz word again but we need to realise that "SELF-CARE IS A PRIORITY!"

Many of us have so many responsibilities in life that we often forget to take care of our own personal needs.

So, what's the importance of self-care?

Well, there are several different ways to focus on self-care, many of which involve making time to get enough of several things: - Sleep - Prioritising healthy meals - Making positive time for friends/family - Ensuring a balance of leisure time in your schedule.

A simple but often overlooked form of self-care is having some sort of 'self-pampering' experience on a regular basis in your own home. It could be relaxing with some tv/music, Reading a book, spending some quality time with loved ones, going for a walk/run in nature to name a few. Whatever it is that is tailored to your specific needs and effective in helping you pause, process, rest and recharge - Do it! And do it often!

There's a TED Talk for some inspiration -All it takes is 10 mindful minutes <https://lnkd.in/dPnrrVA>

So, as tempting as it is to brush the word aside as some "cliché mental health mantra, remind yourself of its daily relevance and importance because it is so important to look after you. As the saying goes "Self care" isn't selfish, it's necessary.



THE 7 PILLARS *of Self-Care*

01

MENTAL

Mental self-care is about cultivating a healthy mindset through mindfulness and curiosity.

02

EMOTIONAL

Emotional self-care involves taking care of your heart with healthy coping strategies.

03

PHYSICAL

Physical self-care involves taking care of your body with exercise, nutrition, and proper sleep.

04

ENVIRONMENTAL

Environmental self-care involves taking care of the spaces and places around you.

05

SPIRITUAL

Spiritual self-care involves activities or practices that give a sense of meaning to your life.

06

RECREATIONAL

Recreational self-care involves making time for hobbies, fun activities, and new experiences.

07

SOCIAL

Social self-care involves building relationships with regular connection and healthy boundaries.



Self-care is an
ongoing process.
Take your time.




“Self-care is not
self-indulgence, it is
self-preservation.”

AUDRE LORDE
feminist and civil rights leader



THE Healthy

A close-up photograph of a person's hands holding a strip of white lined paper. A thick black vertical line is drawn on the left side of the paper. The text is centered on the right side of the paper. The background is blurred, showing some greenery and a window with light coming through.


Do
something
today
that
your
future
self
will
thank
you
for

MAKE A LIST OF THINGS
THAT MAKE YOU HAPPY

MAKE A LIST OF THINGS
YOU DO EVERY DAY

COMPARE THE LISTS

ADJUST ACCORDINGLY



**True self-care is
not bath salts and
chocolate cake, it's
making the choice
to build a life you
don't need to
escape from -
Brianna Wiest**

#mentalhealthmatters #selfcarereminders #selfpreservation #maketimeforyou #wellbeing
#whatdoyouneed #mentalhealthmantra