

Self-Care

Today is another reminder about the importance of self care, which I know we hear a lot about and I talk a lot about, but it's often not taken seriously and hard to actively practice.

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing.

Self-care is an important part of daily life, however during times of uncertainty, challenge and the ongoing situation with COVID-19, the need for self-care is imperative.

Self-care is often the first thing that gets sacrificed when life is busy and stressful, and people often think that taking time for themselves seems indulgent.

But looking after your own wellbeing will help you get through difficult times, and will help you to better care for others.

Amidst the confusion and constant stream of information, pressures and stressors, having a self-care plan can really help you focus, make decisions and stay healthy (physically, emotionally and psychologically!)

When you take time for yourself and give your body the food, rest, and activity it needs, you will actually have more energy to meet the demands of daily life – however unusual they might be.

Bringing more balance to your daily routine will help you be more productive and more resilient to stressors.

I've attached a self care plan so do take a look to reflect and jot some things down that help you have a bank of tools to refer to as and when needed.

As always a TED Talks video if your interested: Why self-care isn't selfish
<https://lnkd.in/dqaaakH>

Keep looking after you and seek whatever support you may need, whenever you need it.

SELF-CARE PLAN

GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food

GOOD RULES & HABITS I WANT TO LIVE BY



SELF-CARE PLAN

NOTES FOR THE SOUL

Instruction

Fill these space with your favourite activities and things to fall back on when you're in a bad mood and having a not-so-good day.

MY FAVORITE

Favourite Movies

- ▶
- ▶
- ▶

Favourite Books

- ▶
- ▶
- ▶

Favorite Games

- ▶
- ▶
- ▶

THINGS I DO WHEN I'M SAD

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THINGS I DO WHEN I'M BORED

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THE END OF THIS YEAR I'M LOOKING FORWARD TO

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self-care

The practice of taking an active role in protecting one's own well-being and happiness. [self'kâr']

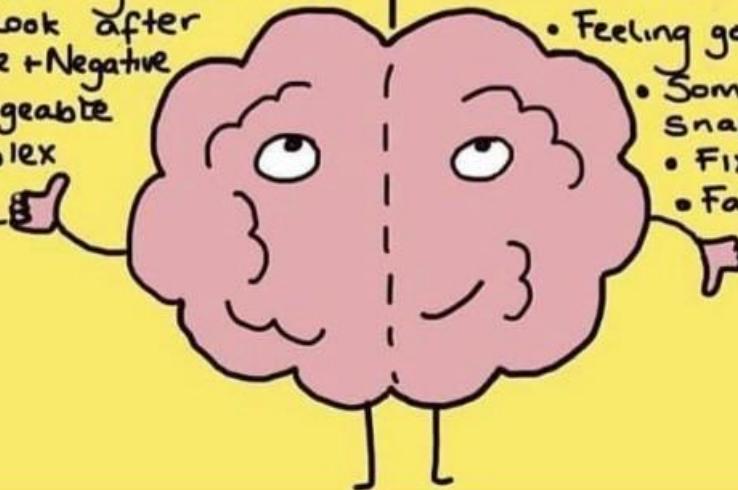
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



#selfcareisntselfish #mentalhealthmatters
#skillsforlife #selfcareplan #whatdoIneed

Jude Henson