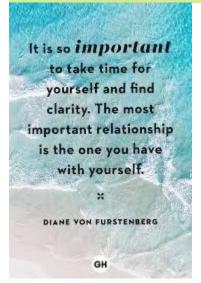
MYTHS ABOUT SELF-CARE

- Self-care is an indulgence
- Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
- Self-care is selfish
- When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
- Self-care is a one-time experience
- Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
- Self-care is time consuming
 - Self-care does not require you to take out a huge chunk of time from your busy day.

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I'm sending out a revisit from

CAMHS, on the important topic of self-care and links to mental health and well-being plus physical health too.

FIVE AREAS OF THERAPEUTIC SELF-CARE

At its most basic definition, self-care is any intentional action taken to meet an individual's physical, mental, spiritual, or emotional needs. In short, it's all the little ways we take care of ourselves to avoid a breakdown in those respective areas of health.





You may find that, at certain points, the world and the people in it place greater demands on your time, energy, and emotions than you might feel able to handle.

This is precisely why self-care is so important!

It is the routine maintenance you need do to function at your best not only for others, but also for yourself.

There is extensive research to show that self-care can be beneficial at improving our wellbeing and lowering mortality.

Self-care can improve our performance at work, and should be encouraged in the workplace. Leaders should be promoting it and practicing it themselves to set a good example to employees.

With more and more employees experiencing work related stress, burnout and poor mental wellbeing, self-care should be promoted and is imperative in the workplace.

This also includes saying 'no' to somethings as this is also a huge part of self-care, because it allows you to keep healthy boundaries in place to uphold and protect your mental health and well-being.

Self-care, in many ways, is about prevention. It's a way to make sure you stay strong and resilient especially when a crisis or other major life event occurs.

Until it becomes a habit, treat self-care time as a set appointment. Put a reminder in your calendar for some vital you time!

Sharing a TED Talks video here for your info: Self Care: What It Really Is: https://lnkd.in/ef_2mBz

Sometimes in life you need more than a few self care activities to feel centred again. If you ever find yourself experiencing emotions or a mood that seems to persist and negatively affect your life, then please consider speaking to a trusted adult, and or finding a therapist or other qualified mental health professional.

Education Partnership offer a confidential 24/7 helpline if you need someone to talk to. $08000\,562\,561$.

'If compassion does not include yourself, it is incomplete' - Jack Kornfield

Remember, we are talking about your figurative oxygen mask here before you care for others.

Self-care is NOT selfish, it's vital!

So please look after you, check in with each other and prioritise those self care necessities.

#selfcare #prioritiseyou #healthyboundaries #compassionstartshere #wellbeingweds #mentalhealthmatters