

# 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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# CHECK-IN

## HOW ARE YOU FEELING?

- BREATHE** Take a moment to breathe in and out and ground yourself.
- FEEL** Check-in with your mind and body. How are you feeling today?
- THANK** What things can I name that I am grateful for today?
- WANT** Is there something you want to accomplish or do today?
- NEED** What are your needs today?
- AFFIRM** Take a moment and put yourself on the back. Celebrate your accomplishments, or some what you like about yourself!

# FIVE AREAS OF THERAPEUTIC SELF-CARE

PHYSICAL SELF-CARE	LIFESTYLE HABITS
Yoga	Herbs
Sleep	Touch
Exercise	Breathing
Nutrition	Natural Light
Acupuncture	Supplements
Water intake	Hydrotherapy
	Humour
	Structure
	Routine
	Relaxing
	Fulfilling Work
	Time In Nature
	Music Therapy
	Time For Beauty
	Self-Expression
	Stress Reduction
	Time Management

  

SOCIAL SUPPORT	ACTIVITIES THAT SUPPORT MY VISION OF WELLNESS	SPIRITUAL CONNECTION
Family/Friends		Prayer
Day Treatments		Meditation
Volunteer Work		Forgiveness
Support Groups		Inspirational Texts
Religious Groups		Spiritual Community
Psychiatrist/Therapist		Finding Purpose/Meaning

  

MENTAL & EMOTIONAL SELF-CARE
Psychotherapy
Self-Forgiveness
Charting Your Moods
Feeling Your Feelings
Working Through Grief
Practicing Daily Affirmations
Taming The Inner Critic
Overcoming The Stigma
Thinking Like An Optimist
Releasing Negative Beliefs
Keeping A Gratitude Journal
Restructuring Cognitive Processes

It is so *important* to take time for yourself and find clarity. The most important relationship is the one you have with yourself.

DIANE VON FURSTENBERG

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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.



@BRIGHTILLUSTRATIONS



## THE A-B-C OF SELF CARE

**A Awareness**

- Look at what events or crises can cause compassion fatigue, burnout, stress, anxiety for you?
- If you can recognize these events then you can look at ways to help avoid or control them.

**B Balance**

- Keep your life in balance.
- Practice excellent self-care.
- Nurture yourself by putting activities in your schedule that are sources of pleasure, joy and diversion.
- Allow yourself to take mini-breaks; these relieve the intensity of your work.
- Transform the negative impact of your work (find meaning, challenge negativity, find gratitude) Get medical treatment if needed to relieve symptoms that interfere with daily functioning - don't use alcohol or drugs to self-medicate.
- Get professional help when needed to get back on track - we all need coaches and consultants at times.

**C Connections**

- Talk out your stress - process your thoughts and reactions with someone else (co-worker, therapist, clergy, friend, family, and supervisor)
- Build a positive support system that supports you, not fuels your stress.
- Pets accept whatever affection you are able to give them without asking for more.
- Pets are invulnerable to "provider burnout" Blood pressure and heart rate decrease when interacting with animals.



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](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