

# Tips for Self-Care

## What is self-care?

Self-care means actively taking time to do things that improve your wellbeing. This could be anything from listening to your favourite song or reading a book, right up to taking a holiday.

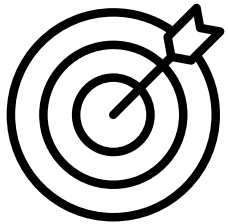
It also means doing those essential things to take care of yourself, like eating regularly, getting the right quality and quantity of sleep, looking after your personal hygiene and getting the exercise you need.

## Self-care should be a priority

There will always be other things to do. But we need to make sure that these don't stop us from taking the time for self-care. We should give looking after our wellbeing at the same importance as the other tasks we need to do.

If we don't look after ourselves, we can become unwell, and then we aren't able to do the things we need to do, or we might do them badly.

## Maximise your self-care

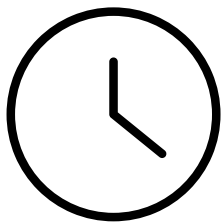


### Set specific goals

If our aims are too vague, it can be hard to follow through, or to know where to start. Rather than saying "I will take more time for self-care", choose something specific like "I will drink 6 cups of water every day" or "I'm going to walk for 20 minutes each evening".

### Create habits

We can't just go to the gym once and expect immediate results, and the same is true with self-care. The more we build these activities into our routine, the easier it is to stick with them, and the better the results that we will see.

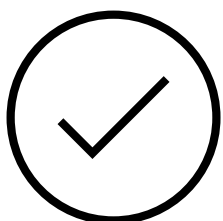
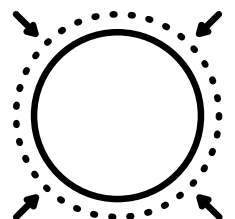


### A few minutes is better than nothing

We can't always dedicate large chunks of time to self-care, but if we choose things that fit with our daily life, and that we really enjoy this makes it easier. Think about maximising quality over quantity. For example, a 15 minute run for someone who enjoys exercise is better than an hour sat in front of the TV.

### Set boundaries

Protect the time that is set aside for self-care. We don't need to provide explanation and justification to say "no" to others if it impacts on this time. It's important to remember that our needs are as important as anyone else's.



### Don't stop when things are good

When we feel good we can think that we don't need to dedicate time to self-care but it's important that we stick to it, even when we feel good. Doing so keeps us in a healthy routine, plus, self-care might be the reason we are feeling good!!

## Self-care checklist

If we want to improve our self-care habits and routines, it can be helpful to think about five key areas, and what we do, how frequently, and the quality of the self-care.

Below are some suggestions of activities for each area. Some might appeal to you, or you might have your own ideas.

### Emotional Self-Care

- Doing hobbies
- Having a laugh
- Learning something new
- 'Unplugging' from technology
- Having a day off from responsibilities
- Planning a holiday
- Expressing emotions (e.g. talking, journaling)
- Recognising accomplishments, and strengths

### Social Self-Care

- Spending time with friends and family
- Having intimate or romantic time with partner
- Doing fun activities with others
- Making new friends/talking to new people
- Asking for help
- Engaging in stimulating conversation

### Professional Self-Care

- Maintaining healthy work/life balance
- Developing a comfortable work environment
- Socializing with co-workers
- Taking regular breaks
- Engaging with new tasks or projects
- Asking for help with tasks when needed
- Maintaining boundaries
- Engaging with training or development opportunities

### Physical Self-Care

- Getting good quality sleep
- Drinking enough water
- Eating regular, balanced meals
- Finding the right exercise
- Looking after hygiene
- Exercising outside
- Taking rest when unwell
- Seeing health professionals when needed

### Spiritual Self-Care

- Spending time in nature
- Volunteering in the community
- Religious practice
- Meditation
- Spending time in quiet reflection
- Appreciating beauty in music, art or surroundings

## How could you improve your self care?



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