ARE YOU PRACTICING ENOUGH SELF-CARE?

Self-care is the act of providing intentional time for activities beneficial to maintaining mental and physical health and wellness.

WHY?

Self-care is important to protect us from stress, anxiety, and depression. Self- care combats burnout and resets us so that we can maximise our productivity. Practicing self-care improves concentration, minimises frustration and anger, increases happiness, and improves our energy.

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BUILDING A PERSONALISED SELF-CARE PLAN

Emotional Self-Care

Journal, talk to someone you trust, smile, practice laughing, listen to music, read a book, hug someone, cuddle pets, cry it out, watch a favourite tv show or movie, acknowledge and allow your feelings, practice mindfulness, take a relaxing bath, light candles or run diffusers, be kind to yourself.

Physical Self-Care

Practice good personal hygiene, exercise, stay hydrated and drink enough water, go to bed at the same time each night, aim for 8 hours of sleep, nourish your body and eat healthy food, get some sunlight, wear sunscreen, limit alcohol and processed foods, listen to your body and rest when you need it, stretch, organise your space!

Mental Self-Care

Take a mental health day if you are beginning to feel burnt out, schedule time each day for your own mental health, unplug from technology, practice positive thinking, keep a reflective journal, limit responding to emails outside of working hours, access professional support with a psychologist.

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Social Self-Care

schedule regular catch ups with friends and family who energise you, call a friend, take a class, find a local activity group to join, check out a new restaurant or cafe, schedule lunch breaks with co-workers, message a friend to tell them you value them, engage in healthy social media use, learn to set healthy boundaries and say 'no' whe you need.

Practical Self-Care

Get to know your finances and create a budget, organise your email inbox, cull your closet, meal prep for the next week, use a calendar and set reminders, tidy your living space, continue your education or professional development, save money for emergencies, pay your bills on time.

REMEMBER - YOU CAN'T POUR FROM AN EMPTY CUP!

SELF-CARE ISN'T SELFISH

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