

Self-Care



Importance of Self-care...

- ▶ Have you heard of the process regarding oxygen masks in airplanes?
- ▶ You are supposed to secure your own mask before you assist others. The logic here is that if you can't breathe, you can't help anyone else! Practicing self-care is very similar. You **MUST** take care of your own mental, spiritual and physical health before you can truly help others.



Self-care



- ▶ Information taken from multiple sources such as, but not limited to the following: article written by Liz Greene, National Alliance on Mental Illness, womenshealth.gov and goodmenproject.com. Pictures acquired through Bing Image Search.

So what exactly is self-care?

- ▶ *Self-care is engaging in activities and behaviors that have a positive effect on your mental, spiritual and physical health.*

reminder:
✓ take care
of yourself!

- ▶ It's different for each person. However, the goal is always the same: to reduce stress, preserve relationships, maintain a beneficial work/life balance and nurture your mental, spiritual and physical well-being.



What does self-care involve?

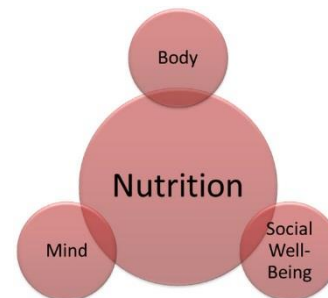
- ▶ First and foremost, a lot of introspection! You will have to observe and examine your own mental and emotional state; look within yourself.



Today you are **YOU**,
that is **TRUER** than true.
There is **NO ONE** alive
who is **YOUER** than **YOU!**

What else?

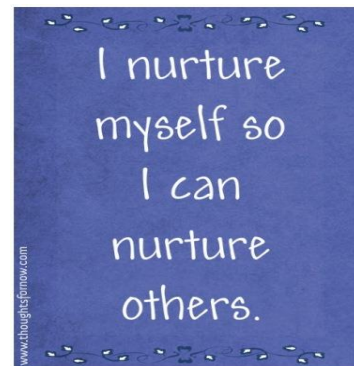
- ▶ It requires identifying your needs and taking the necessary steps to meet them.
- ▶ Treat yourself as compassionately as you treat others. As caregivers, we often put the needs of others first, thus setting our own needs aside. By doing this, we risk damaging our own mental and physical health in the interim. We also set ourselves up for burnout.



Why is self-care necessary?

- ▶ It increases your sense of self-love, allowing you to appreciate and accept yourself for who you are.
- ▶ It promotes feelings of calmness and relaxation, serving as a way to refocus and come back to your daily life refreshed.
- ▶ It improves both physical and mental health by reducing the effects of prolonged stress on your mind and body.

➔ Ultimately, meeting your own needs makes you a more valuable partner, parent, friend, employee and/or caregiver.



Is there a right way to engage in self-care?

- ▶ Despite the misconceptions that stem from social media, the answer is: self-care can take on a number of different forms, and the only “right way” is the one that works best for you.

What do I do for self-care?

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- | | |
|--|---|
|  Get plenty of sleep |  Tidy |
|  Enjoy sunshine |  Read |
|  Cook |  Read about people whose lives are more complicated |
|  Write or draw (think out loud) |  Garden |
|  Talk to myself |  Get a hug |
|  Cuddle cats |  Talk to select people |
|  Walk or bike (esp. in a park) | |

Subcategories of self-care...

- ▶ **Physical self-care:** Eating well, regular exercise, making sleep a priority and taking care of your health, etc.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

- ▶ **Emotional self-care:** Managing anxiety, anger, sadness and other emotions. Setting boundaries with people who are not positive or supportive. Spending time alone to rest and recharge, etc.



- ▶ **Spiritual self-care:** Volunteering, connecting with nature, yoga, meditation, etc.



Signs that show you need more focus on self-care:

- ▶ Uncharacteristic irritability and/or impatience
- ▶ Poor sleep
- ▶ Forgetfulness
- ▶ Physical symptoms, such as headaches and gastrointestinal distress
- ▶ Reduction or increase in appetite and food intake
- ▶ Turning to substances to self medicate
- ▶ Isolation
- ▶ Lack of interest in typical activities or what used to bring pleasure
- ▶ Increased illness
- ▶ Anxiety and/or depression



Self-care

- ▶ It is not selfish.
- ▶ It is not stupid.
- ▶ It is not unnecessarily indulgent.
- ▶ It is not a waste of your time.



 It **IS** critical.





**KEEP
CALM
AND
PRACTICE
SELF-CARE**