



Self Care



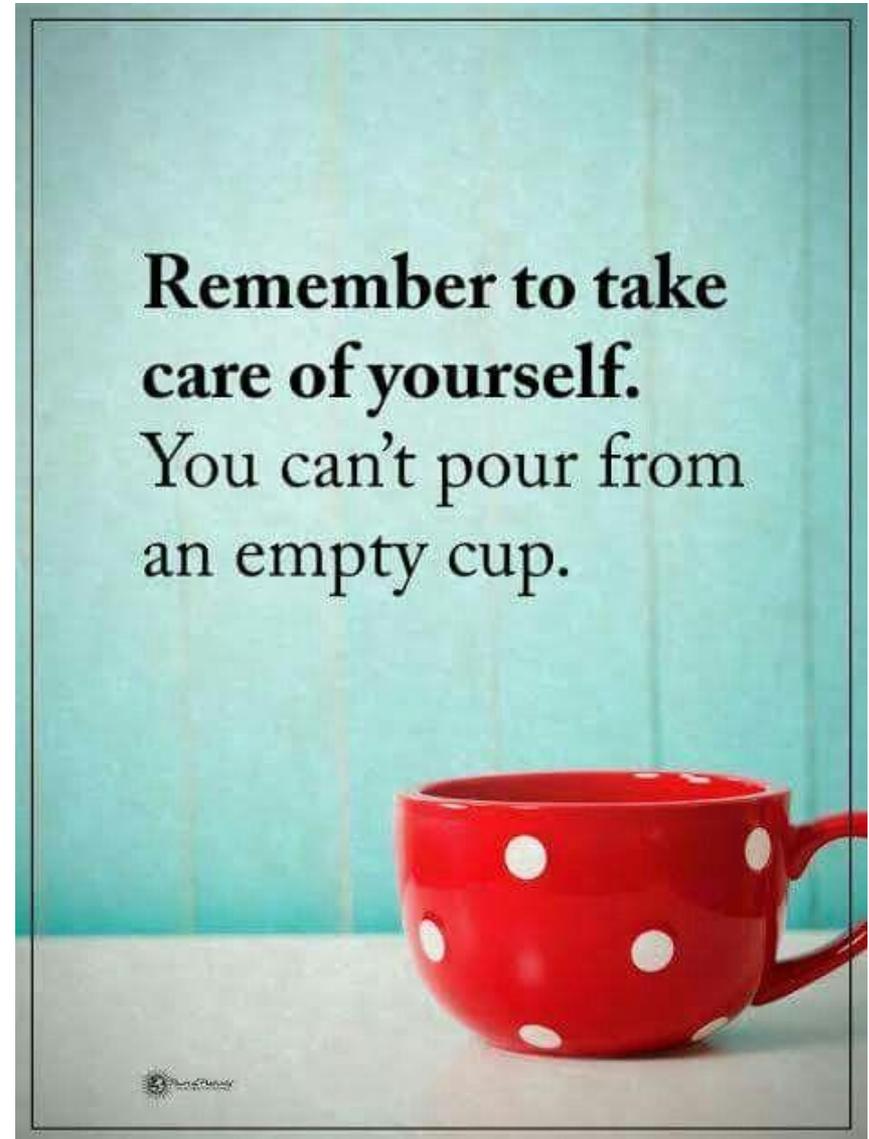
Everything you need, your courage, strength, compassion, and love; everything you need is already within you.

Definition

According to the Oxford dictionary, self care is:

1. The practice of taking action to preserve or improve one's own health

1.1 The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



Why is it important?

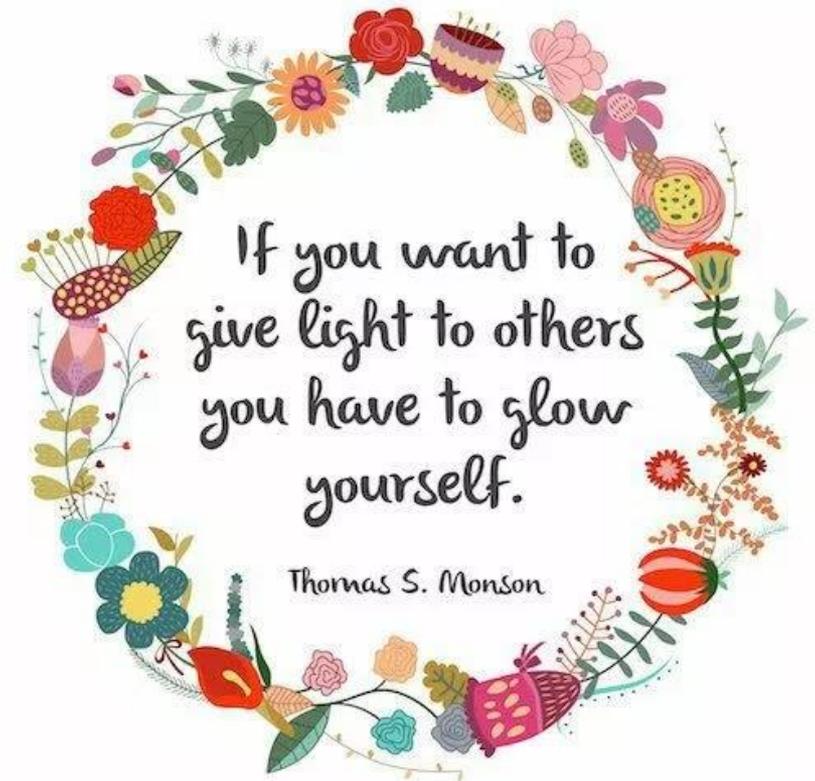
Know your worth!

A healthy work-life
balance

Stress management

Better physical health

Start living, stop
existing!



Know Your Worth

Produces positive feelings and boosts confidence and self-esteem

Reminds yourself and others that you and your needs are important too

Makes life more purposeful by creating a new reason to get up in the morning

A Healthy Work-Life Balance

Workaholism is not a virtue

Overwork and the accompanying stress and exhaustion makes a person less productive, disorganized, and emotionally depleted

Leads to health problems from anxiety and depression to insomnia and heart disease

Self-care ensures a person stays sharp, motivated, and healthy



Stress Management

Little doses of stress is healthy to be productive

Constant stress and anxiety has an adverse effect on mental and physical health

Self-care cuts down the toxic effects of stress by improving mood and boosting energy and confidence levels



Long Term Effects

Better productivity

Improved resistance to disease

Enhanced self-esteem

Increased self-knowledge

More to give

Better Productivity

Will bring your goals into sharper focus and helps you concentrate on what you're doing

Learn how to say “no” when you feel overextended

Make time for the things that matter more

Improved Resistance to Disease

Most self-care activities activate the parasympathetic nervous system (PNS)

Body goes into a restful, rejuvenating mode which fortifies the immune system

Better self-care = fewer colds, flu, upset stomachs

Enhances Self-Esteem

When you carve out time to self-care, you send a positive message to your subconscious

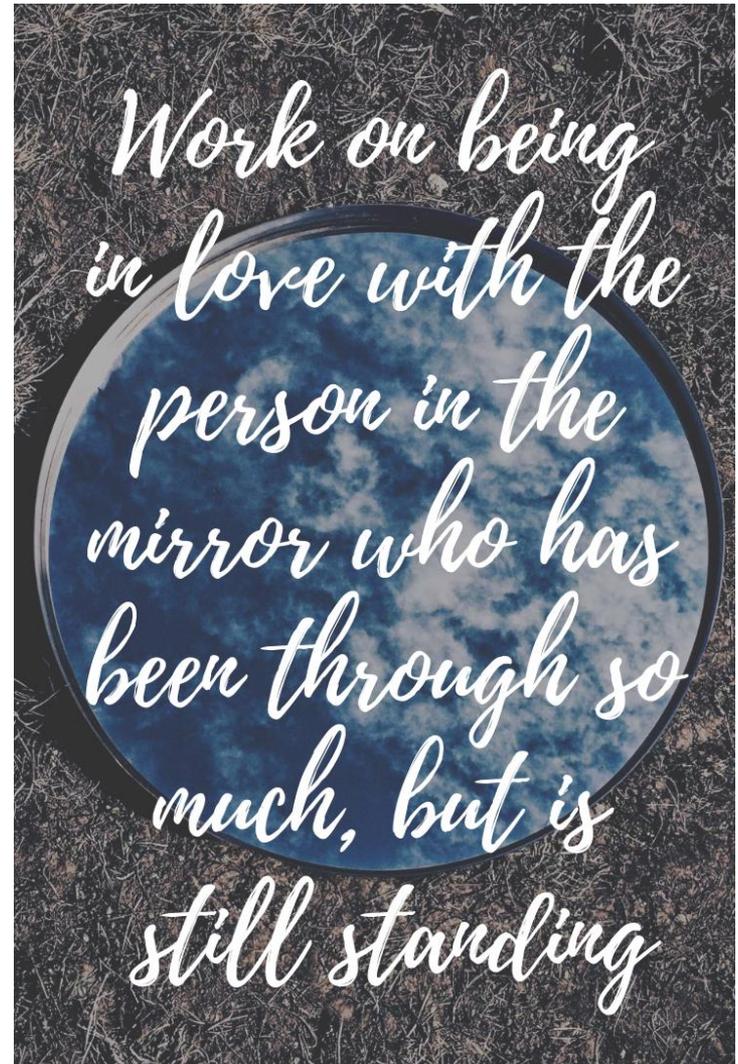
You treat yourself like you matter and have intrinsic value

This goes a long way toward discouraging self-talk and improving your critical inner voice

Increased Self-Knowledge & More to Give

Practicing self-care requires thinking about what you really love to do

This helps you understand yourself a lot better and gives you the resources to be compassionate to others as well



Types of Self Care

Mind

Sensory

Body

Emotional

Soul

Spiritual

Physical

Social



When do I need it? Always

Who should do it? You and me and everyone

Why does it matter? Because your emotional & mental well-being is SO important

*be good to
yourself*

How do I do it?

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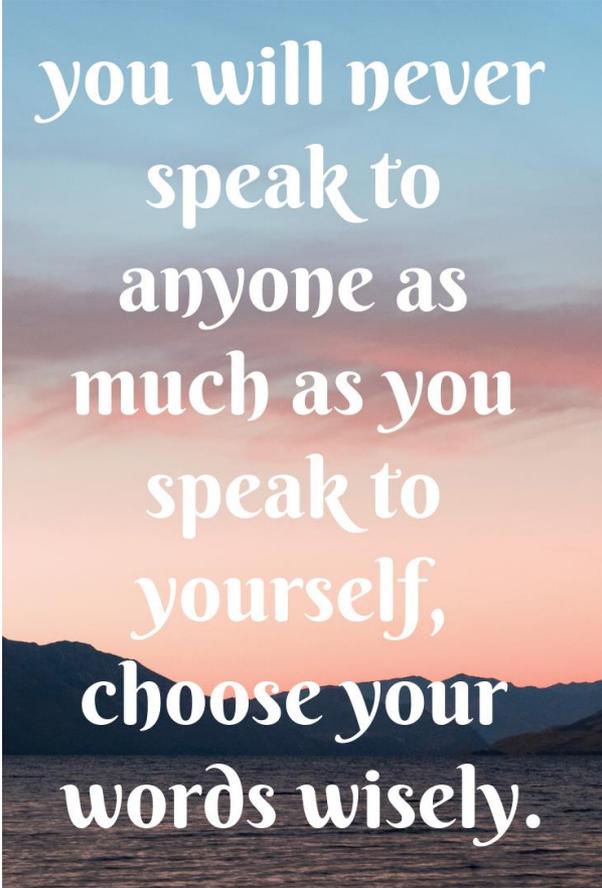
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The Mind

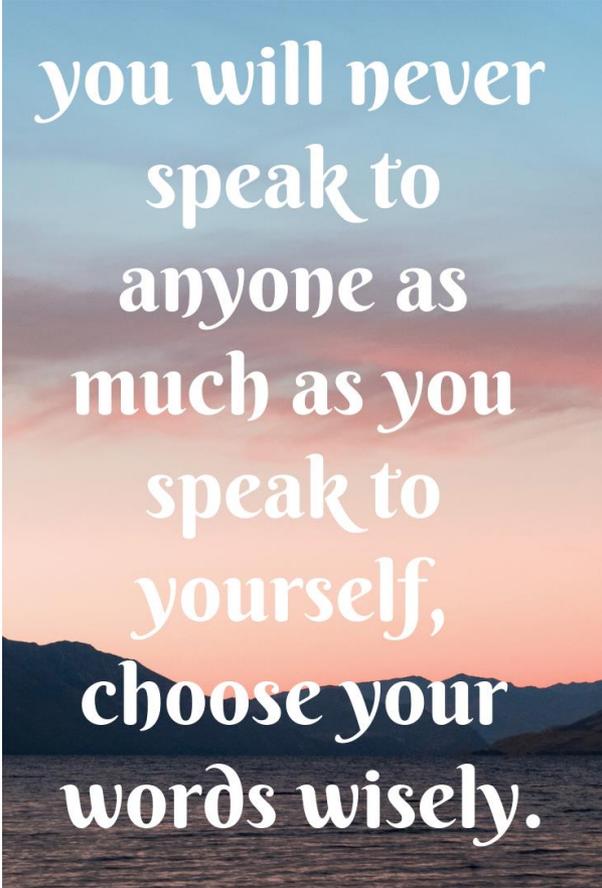
1. **Start a compliments file.** Document the great things people say about you to read later.
2. **Eat the toad,** something that's been there for ages and you'll never do.
3. **Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
4. **Go cloud-watching.** Lie on your back, relax, and watch the sky.
5. **Pay complete attention to something you usually do on autopilot,** perhaps brushing your teeth, driving, eating, or performing your morning routine.
6. **Goof around for a bit.** Schedule in five minutes of "play" (non-directed activity) several times throughout your day.
7. **Create a deliberate habit,** and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush.



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The Mind

8. **Fix a small annoyance at home that's been nagging you**—a button lost, a drawer that's stuck, a light bulb that's gone.
9. **Punctuate your day with a mini-meditation** with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
10. **Be selfish.** Do one thing today just because it makes you happy.
11. **Do a mini-declutter.** Recycle three things from your wardrobe that you don't love or regularly wear.
12. **Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant *bings* of social media and email.
13. **Get out of your comfort zone,** even if it's just talking to a stranger at the bus stop.
14. **Edit your social media feeds, and take out any negative people.** You can just “mute” them; you don't have to delete them.



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The Body

1. **Give your body ten minutes of mindful attention.** Use the [body scan technique](#) to check in with each part of your body.
2. **Oxygenate by taking three deep breaths.** [Breathe into your abdomen](#), and let the air puff out your stomach and chest.
3. **Get down and boogie.** Put on your favorite upbeat record and shake your booty.
4. **Stretch out the kinks.** If you're at work, you can always head to the bathroom to avoid strange looks.
5. **Run (or walk, depending on your current physical health) for a few minutes.** Or go up and down the stairs three times.
6. **Narrow your food choices.** Pick two healthy breakfasts, lunches, and dinners and rotate for the week.
7. **Activate your self-soothing system.** Stroke your own arm, or if that feels too weird, moisturize.

DEEP BREATHS

*are like little love
notes to your body*

The Body

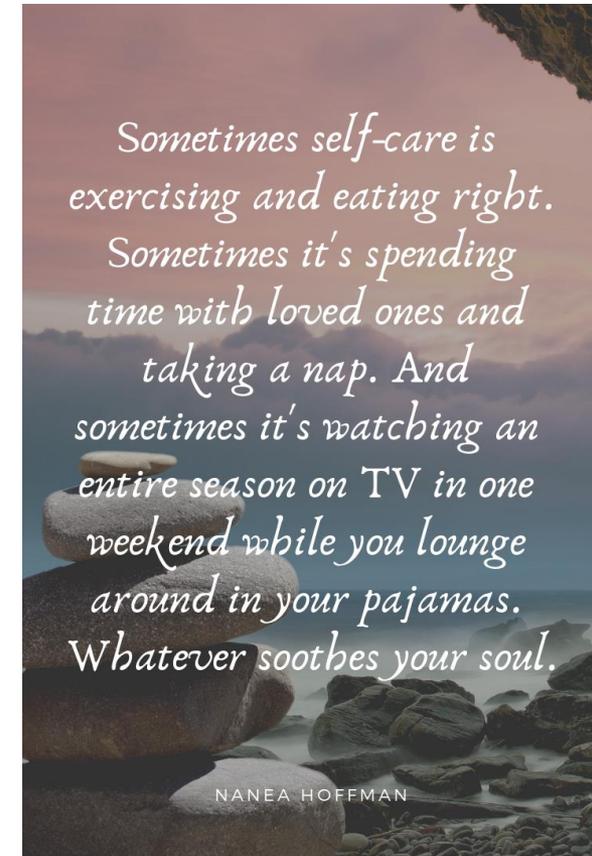
8. **Get to know yourself intimately.** Look lovingly and without judgment at yourself naked. (Use a mirror to make sure you get to know all of you!)
9. **Make one small change to your diet for the week.** Drink an extra glass of water each day, or have an extra portion of veggies each meal.
10. **Give your body a treat.** Pick something from your wardrobe that feels great next to your skin.
11. **Be still.** Sit somewhere green, and be quiet for a few minutes.
12. **Get fifteen minutes of sun,** especially if you're in a cold climate. (Use sunscreen if appropriate.)
13. **Inhale an upbeat smell.** Try peppermint to suppress food cravings and boost mood and motivation.
14. **Have a good laugh.** Read a couple of comic strips that you enjoy.
15. **Take a quick nap.** Ten to twenty minutes can reduce your sleep debt and leave you ready for action.

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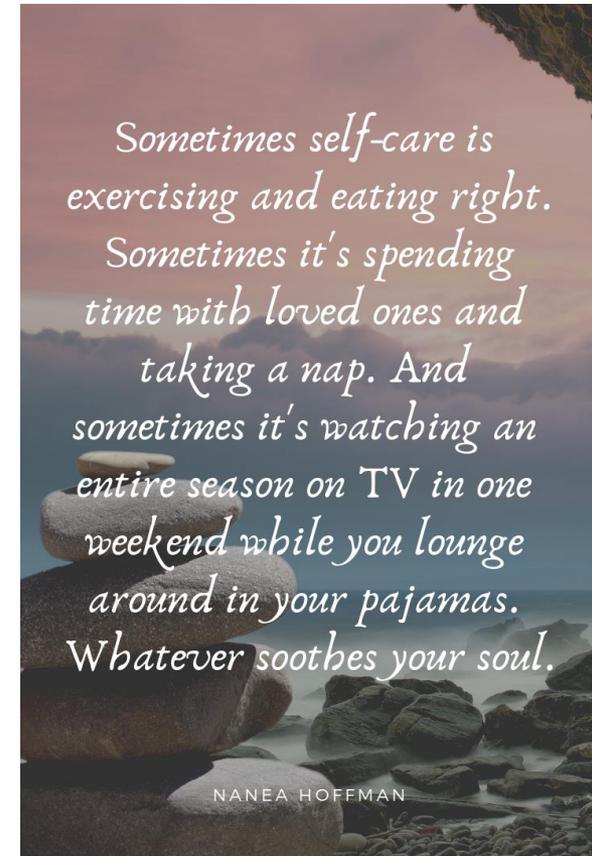
The Soul

1. **Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
2. **Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected beautiful things on your way to work.
3. **Help someone.** Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.
4. **Check in with your emotions.** Sit quietly and just name without judgment what you're feeling.
5. **Write out your thoughts.** Go for fifteen minutes on anything bothering you. Then let it go as you burn or bin the paper.
6. **Choose who you spend your time with today.** Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity robs energy.
7. **Stroke a pet.** If you don't have one, go to the park and find one. (Ask first!)



The Soul

8. **Get positive feedback.** Ask three good friends to tell you what they love about you.
9. **Make a small connection.** Have a few sentences of conversation with someone in customer service such as a sales assistant or barista.
10. **Splurge a little.** Buy a small luxury as a way of valuing yourself.
11. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)
12. **Exercise a signature strength.** Think about what you're good at, and find an opportunity for it today.
13. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
14. **Ask for help**—big or small, but reach out.
15. **Plan a two-day holiday for next weekend.** Turn off your phone, tell people you'll be away, and then do something new in your own town.



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Sensory

How to calm your mind

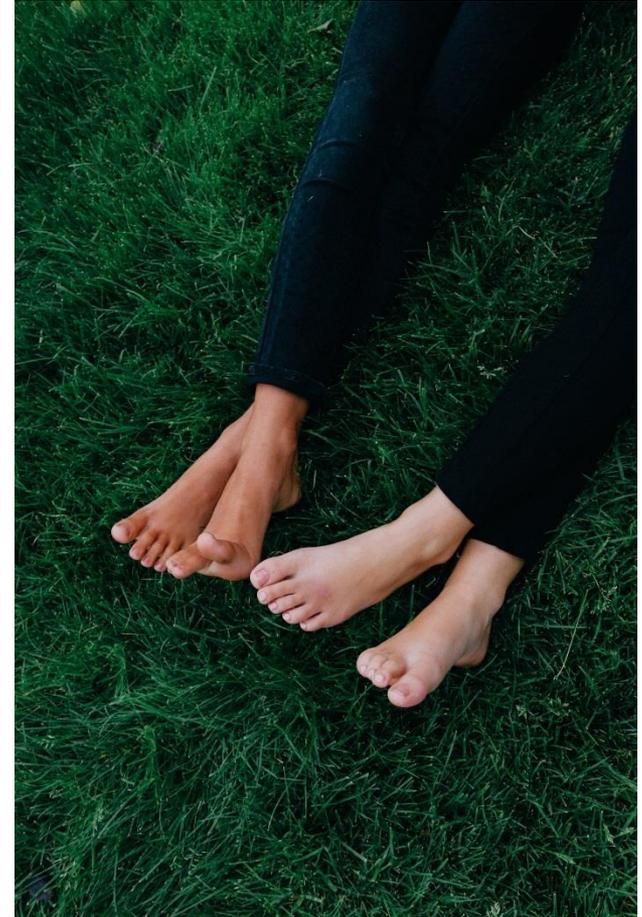
Tune into the details of the sensations all around you to help you live in the moment

This helps you effectively let go of resentments from the past or anxieties in the future

Consider all senses: touch, smell, sound, sight

Sensory Self-Care Ideas

- Cuddling up under a soft blanket
- Going to the countryside and focusing on the smell of the air
- Watching the flames of a candle or a fire
- Feeling the water on your skin during a hot bath or shower
- Focusing on the movements of your own breathing
- Lying down and listening to music with your eyes closed
- Sitting in the heat of the afternoon sun
- Having a small square of the most delicious chocolate
- Walking barefoot in the grass
- Having a massage with essential oils
- Holding a pet in your arms



Emotional

Make sure you fully engage with your emotions

Facing emotions head-on helps deal with stress

Do not push away feelings like sadness or anger - feel them, accept them, and move on

Emotions are not innately “good” or “bad”

You are not blameworthy for the emotions you feel; only how you behave in response to them

Emotional Self-Care Ideas

- Keep a daily journal, and be totally honest about your feelings
- See a therapist, even if it's just for 8-10 sessions of general personal development
- Write a list of “feeling words” to expand your emotional vocabulary
- Make time to be with a friend or family member who truly understands you
- Let yourself cry when you need to
- Deliberately encourage yourself to laugh with old memories or funny videos
- Sing along to the song that best expresses your current emotions



Spiritual

Getting in touch with your values and what really matters to you

For example, self-care for depression stresses that developing a sense of purpose is vital to recovery



Spiritual Self-Care Ideas

- Keep up a daily meditation or mindfulness practice
- Attend a service, whether it is religious or humanistic
- Read poetry
- Walk in nature and reflecting on the beauty around you
- Make a daily list of 5-10 things that make you feel grateful
- Be creative, whether through art, music, writing or something else entirely
- Make a list of 5-10 things that make you feel alive, then ask yourself how you can better incorporate these things into your life
- Say affirmations that ground your sense of self and purpose
- Go on a trip with the sole purpose of photographing things that inspire you



Physical

Physical activity is vital for bodily well-being and letting off steam



Physical Self-Care Ideas

- Dance to your favorite songs
- Do yoga. Even if you've never tried it, there are poses that are perfect for beginners.
- Join a class and learn a new sport
- Go running with your dog (or a friends)!
- Cycle through the countryside
- Simply go for a walk



Physical self-care is as much about the things you don't do, as the things you do!

- Nap when you need to. Just 20 minutes can make you feel mentally and physically refreshed.
- Say “no” to invitations when you're simply too tired to enjoy them.
- Don't push yourself to do your exercise routine when you're run down or unwell.
- Commit to 7-9 hours of sleep per night, barring exceptional circumstances

Social

Differs by personality type (introvert vs extrovert)

Connecting with others is necessary for happiness

Helps you understand that you are not alone

Provides a sense of being fully “seen” by others to combat loneliness and isolation

It is about choosing to do things with people who really make you feel good

Social Self-Care Ideas

- Make a date to have lunch or dinner with a great friend
- Write an email to someone who lives far away, but who you miss
- Reach out to someone you like but haven't seen in a while
- Consider joining a group of people who share your interests
- Stop socializing with those who undermine or disempower you
- Strike up a conversation with someone interesting
- Join a support group for people who struggle with the same things you do
- Sign up for a class to learn something and meet new people at the same time



She
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Sacred