

Other Tips:

*Find a time to schedule self-care every day! It is hard to get into a habit of something when it is not scheduled.

*We are all different and have different forms of self-care!

*Do what makes you smile and relax!

*Don't take yourself too seriously. We all need fun in our lives!



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Self-Care

What it is and fun ideas
to help you in your daily
life!



WHAT IS SELF-CARE??

Self-care is exactly what it sounds like. Taking care of yourself! Specifically, reducing stress by engaging in self-soothing activities. In today's hustle and bustle we are all constantly on the go. What we don't recognize is that if we do not stop and take care of ourselves consistently, we won't be able to remain healthy. Although there are so many things to take care of everyday (going to work/school, keeping the house clean, taking care of the kids, the list goes on and on...) we all have to remember to take time to check in with ourselves. It is important to recognize how we feel physically, emotionally, mentally, and spiritually every single day if only for a few moments! Along with this comes recognizing where we are at and then nurturing ourselves. (Meinecke, C.(2014). Self care in a toxic world. psychologytoday.com,)

HOW DO I KNOW I NEED SELF-CARE?

Warning signs include irritability, sleep problems, feeling tired all the time, feeling stressed, poor eating habits, feeling keyed up, difficulty concentrating/focusing, failure to attend to own health needs and depressive symptoms. (caregiver.org, (2014). Taking care of you:Self-care for family caregivers.)

MORE INFO ON SELF-CARE

Self-care prevents job burnout, especially in others-focused jobs such as teaching, social work, counseling, mothering, nursing, etc.

Citation: Counseling for longevity: Skocholt, T., Grier, T., Hanson, M. (2001). Self-Care and burnout strategies for counselor resilience. *Journal of Career Development*, 27(3). Kluwer Academic Publishers-Plenum.

People who participate in self-care strategies such as exercise, engaging in social support, and engaging in pleasurable activities report a higher sense of well-being, as well as a positive effect on levels of depression and anxiety.

Citation: Hansson, A., Hillera, P., Forsell, Y. "What kind of self-care strategies to people report using and is there an association with well-being?" *Social Indicators Research* 73(1). Kluwer Academic Publishers.

Self-care can look like communicating your needs to others.

Self-care can look like saying "no" to perfectionism and delegating responsibilities.

Self-care fights against stress and heart disease.

Taking care of ourselves sets a positive example for those around us.

Citation: Beharano, A. "Self care for women: Now not Later" <https://www.apa.org/careers/early-career/self-care.pdf>).

HOW CAN YOU TAKE CARE OF YOU? HERE ARE SOME IDEAS!

Journal
Eat healthy/nutritious foods
Exercise (Check with your PCP)
Get enough sleep (7-8 hours)
Paint
Draw
Watch your favorite TV show
Take a bubble bath
Play with a pet
Listen to music
Sing
Dance
Read a book
Bake
Play a sport
Pray
Meditate
Swim
Laugh
Do some deep breathing
Shop
Enjoy time with friends and/or family
Get a massage
Say some positive affirmations
Communicate your needs to others
Delegate responsibility
Play like a kid again!
DON'T: Feel selfish for taking care of yourself.
DON'T: Fall into the trap of thinking that you are the only person capable of handling everything.

NOTE: If self-care isn't helping, seek further help through a primary care physician or qualified mental health professional.