

# Self-Care

## Why is Self-care important?

Stress can affect the mind and body, it is vital for your emotional and physical well-being that you take time to care for yourself. It is important as problems can mount up, stresses can multiply, negative thoughts can become overwhelming and general health can decline. Whilst it's hard to prioritise self care, it is important to do something to prevent emotional exhaustion, physical pain, deeper levels of low self-esteem and unhappiness. You will be at risk of burning-out and having difficulty to care for others.

## What is Self-care?

- As a group we will look at what is self-care.
- Self-care is acknowledging your own wellbeing is important.
- Self-care is often overlooked.

It is key to improving mood and reducing stress or anxiety. It is considering your own needs and acknowledging that you must meet your own needs.

Self-care involves relaxation, sleep, exercise, healthy food, medical care, spending time with others and doing things you enjoy. You may think that regular relaxation is a waste of time doing nothing, however your mind and body need time to recharge.

## How can you introduce Self-care into your day?

- Drink a glass of water and eat a piece of fruit.
- Take a walk.
- Look for a local exercise or social group to join.
- Sit and relax or have a snooze.
- Read positive affirmations.
- Write a to-do list.
- Make the step to figuring out your finances
- Listen to your favourite music.
- Open your favourite book
- Engage in a hobby.
- Go buy yourself some flowers
- Phone someone for a chat.
- Turn off your phone for ten minutes to have peace.
- Look at photographs.
- Tidy away items that are left out.
- Change your bedsheets and bath towels.