



Self-Care Section I

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Self-care is...

Self regulation
Balance
Energy management
A conscious lifestyle choice
A life long process
Being an active participant in your health care

Self-care is not...

Self-indulgence
Selfishness
Pampering
A luxury

Self-care is...

Essential to our emotional, physical, psychological and spiritual well-being.

Self-care requires...

Awareness of our individual needs, which are fluid and ever changing, influenced by environmental and developmental factors. History, gender and personality also affect the nature of our needs.

Why should I practice self-care?

Pushing yourself beyond your limit without stopping to replenish your supply of energy can lead to resentment, burn out and chronic stress. Chronic stress can cause illness and disease to occur. It's important to note that 70 per cent of all diseases are preventable.

Ok I'm ready! How do I get started?

A few ways to get started:

- Begin psychotherapy with a psychologist or other mental health professional to help set up your individualized self-care regimen, identify needs and possible blocks and obstacles to getting started and following through
- Ask a good friend to become your self-care buddy
- Join a support group for weight loss
- Take a class in smoking cessation
- Visit a gym and ask for an orientation or a consult with a personal trainer
- Get regular physical check-ups
- Consult a nutritionist
- Sign up for a stress relief modality like a yoga or meditation class

Self Care Section II

What is Self Care?

Self Care is a blend of physical and mental health maintenance. Self Care is about seeking balance and the ability to carry out different techniques that stabilize the harmful effects of emotional and physical stress. Techniques can include physical exercise, maintaining a whole-foods diet, the practice of stress reducing activities such as yoga or meditation, and seeking professional help with a psychotherapist amongst many others.

Why is it important?

With so many daily and environmental demands pulling you from your innermost needs, the risk of emotional and physical upset and disharmony are high. It is important to practice Self Care in your daily life to maintain a balance between the other relationships in your life, whether they are with spouses, family members, your job, your obligations, etc., and your relationship with yourself. Paying attention to your emotional and physical needs can enrich your life, leading to greater health and well-being.

How can I tell if I am not taking good care of myself?

Our bodies and our moods are always giving us feedback. A feeling of being “run down” or overwhelmed can be an indicator that you are ignoring your personal and very valuable needs. From feelings of general malaise, frustration, chronic fatigue, and low-

energy to depression, weight gain and other illnesses, your body and your emotions are all delivering signs that a closer look at practicing self-care could be beneficial in your life.

Self Care Section III

A quick overview of effective self-care strategies

Self-Care Basics:

- Eat regular well-balanced meals
- Get sufficient quality sleep
- Exercise regularly

Additional Pointers:

- Keep up on your relationships with family and friends
- Adopt an attitude of self-acceptance
- Take time to process your feelings
- Spend some quiet time with yourself
- After a long day at work take a few moments to unwind before walking through your front door
- Practice saying NO
- Learn how to delegate
- Keep your mind sharp
- Take up a new hobby
- Get organized
- Don't over schedule
- Watch your habits
- Relax!!!

- Drink plenty of water
- Clear clutter from your home
- Practice deep breathing
- Take a walk with a friend or by yourself
- Turn off the TV for quiet time
- Practice forgiveness
- Spend time outdoors with nature

Resources

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