

SELF CARE



WHAT IS SELF-CARE?

First of all self care is not selfish it is a necessity in order for you to be the best person you can be. You cannot be there for others if you have nothing in your cup . You need to continuously fill your cup in order to share with others.

Self care includes:

- Knowing how to take good care of yourself
- Make time for yourself and not feel guilty
- Setting goals(both long and short term)
- Setting healthy boundaries with those around you
- Focusing on priorities
- Becoming aware of your overall well being
- Deciding if and when to seek professional help.

WHY IS SELF CARE IMPORTANT

Some signs that you might be overwhelmed can include fatigue, loss of focus, excessive worry, irritability, negative thinking or physical symptoms like upset stomach or head and body aches just to name a few.

Our daily lives can be full of stress. Often times we have disruptions in our daily routines, uncertainty about the future, fear, worry or financial insecurity just to name a few.

It is not healthy for you to suppress your stress. Instead, you need to learn how to deal with it by practicing good self care.

By engaging in self care you can lower your stress and anxiety levels, reduce your risk of illness, and increase yourself confidence.



DIFFERENT TYPES OF SELF CARE



- **Physical**- healthy eating, regular medical/dental check-ups, consistent sleep, daily physical activity and drink plenty of water.
- **Mental**- write in a journal, read a book you enjoy, therapy, art, puzzles, or practice mindfulness.
- **Emotional**- forgive yourself for mistakes, practice daily gratitude, take a walk outside, join a support group, watch a sunrise/sunset.
- **Relational/Social**- make time with friends and family that are uplifting, find ways to become involved in your community, monitor your technology usage, and ask for help when you need it.
- **Spiritual**-meditate, journal reflection, prayer, join a spiritual community, listen to spiritual music or even spend time in nature.
- **Professional/Workplace**-set boundaries at work, eat a healthy lunch, take mental health days when needed, get to know your coworkers and most importantly, leave work at work.

CREATE A PLAN

It is extremely helpful to develop a self-care plan. Look at the list above, What things are you doing currently in your life that help with our self care? What areas might you need to evaluate further? Try to identify new options you can try to improve self care and better your health.

It is a great idea to write these options down and place them somewhere where you will see them regularly. This will be a helpful reminder to engage in self-care practices.



If you have any questions or would like to discuss this further, please contact Cyndie Gilliam LMFT

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