



Self-Care

*Let's learn all about the benefits and
what it means to you.*

We're starting with learning about self-care!
Self-care is not self-indulgence. Self-care is self-
respect.

What is self-care?

PUTTING YOURSELF IN THE DRIVERS SEAT!

Self-care is not a selfish act, it is a loving act.



Self-care is about the choices you make, the support you have, what you eat, if you move physically, self-awareness, mindfulness, asking for help when needed. You love you enough to make the changes.

Permission

As a woman, it means looking after others, from your spouse, kids, pets and ageing parents. When it comes to your overall wellness, we don't think about it until it's too late. We usually put ourselves last and hope that we can keep going through life without getting sick. You can't keep giving to others when your energy is low. You can't give what you don't have. You have to permit yourself to start thinking about yourself, your happiness and your health. It is your time to empower yourself. With knowledge of how your mind, body and soul work together. Permission for you to love yourself and respect what it is that you need now. What is happening to your body right now is not your fault. You are not to blame. We can only do what we can with the knowledge we have learned and the knowledge our doctors and therapists have conveyed to us. What we can do is to give ourselves permission to love and honour our bodies by allowing time for self-care and self-love. It's okay to say 'no' when it hurts you or your family. You have permission to be healthy and happy and to enjoy life.



yourself

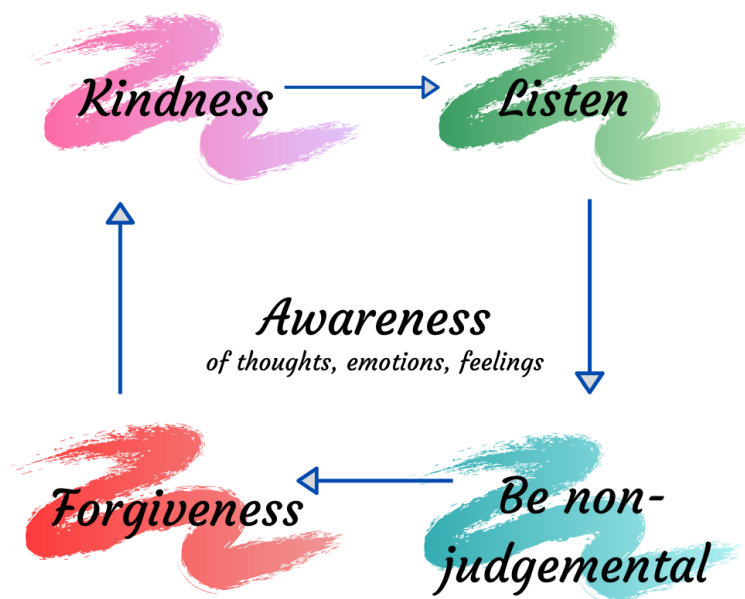
Self-Love

Compassion

There is self-compassion and compassion for others. We can start to have compassion for ourselves and others once we are conscious of thoughts, emotions and feelings.

Practice these steps daily, and you will get to a place of self-compassion and compassion towards others. Practice kindness for yourself and others. Listen to your inner thoughts and other people's words, feelings and emotions. Be non-judgemental to yourself and others and practice the art of forgiveness to yourself and others. When you do all these steps, you will feel more love for yourself and love towards others.

Steps for self-compassion and compassion for others





BENEFITS OF SELF-CARE

Know who you are and your limits.

Learn to set healthy boundaries.

It makes you more productive.

It helps boost your immune system.

It improves self-compassion.

It helps you to identify what you enjoy
and like to have fun doing.

It fuels your spiritual self.

You get to know yourself better.

It improves health and better physical
health.

Enhanced self-esteem.

Increased self-knowledge.

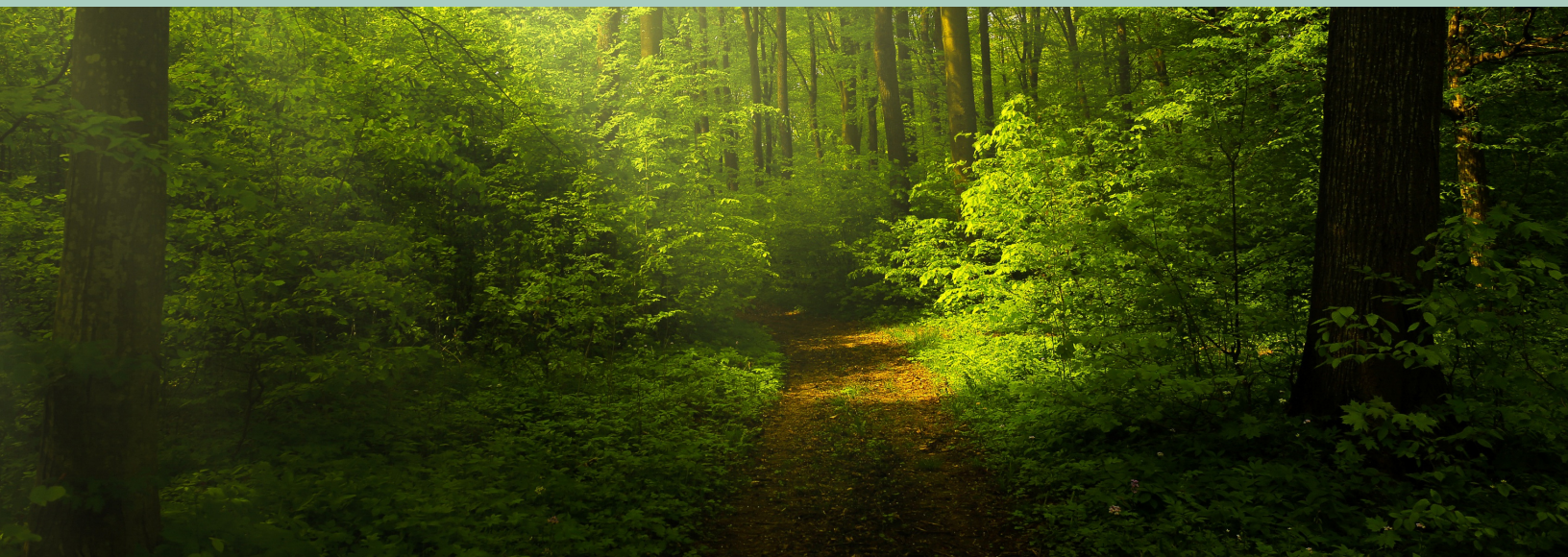
You have more time to give your time and
love.

*Areas to look at for self-care physical, social,
mental, spiritual and emotional.*

Living a healthy emotional life is necessary for your overall well-being.

A few ways to stay emotionally healthy: are to manage your stress, stay on top of school, work, get eight hours of sleep a night, and ask for help. Have a positive attitude, high self-esteem, a strong sense of self and the ability to recognize and share a wide range of feelings with others in a constructive way.

Physical wellness involves moving your body (exercise), eating well-balanced meals (nutrition). More sleeping well, managing stress, receiving preventative medical and dental care helps your overall physical wellness.

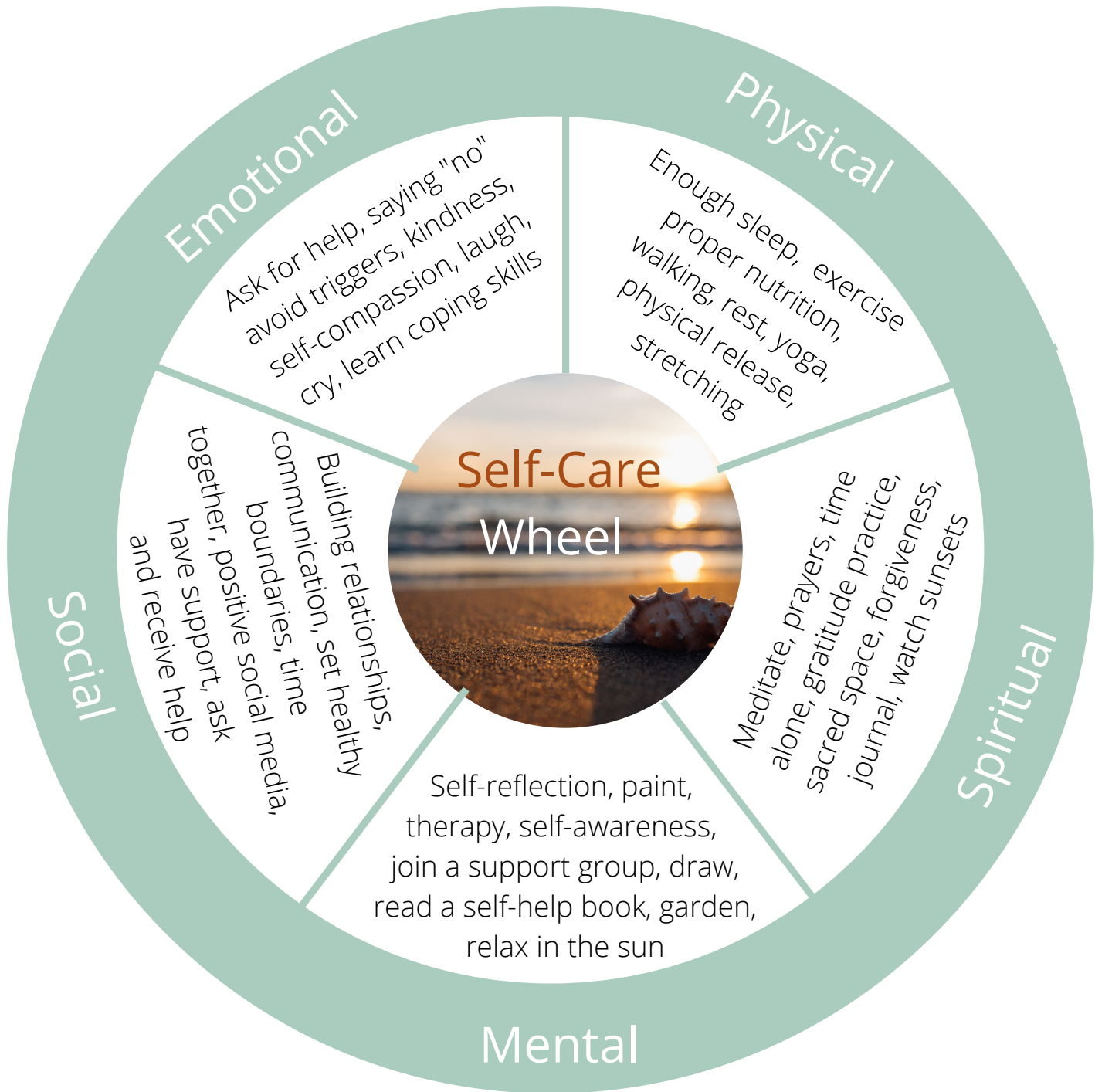


Mental wellness is open to new ideas, be creative, think critically and seek out new challenges.

Spiritual wellness is a process of understanding beliefs, values that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be a crucial part of your overall well-being.

Social wellness involves having a solid social network that can give you support and guidance when you feel stressed or need stress relief. Additionally, these relationships can aid in the development of healthy relationships. Build personal relationships with others, deal with conflict appropriately and connect to positive social interactions.

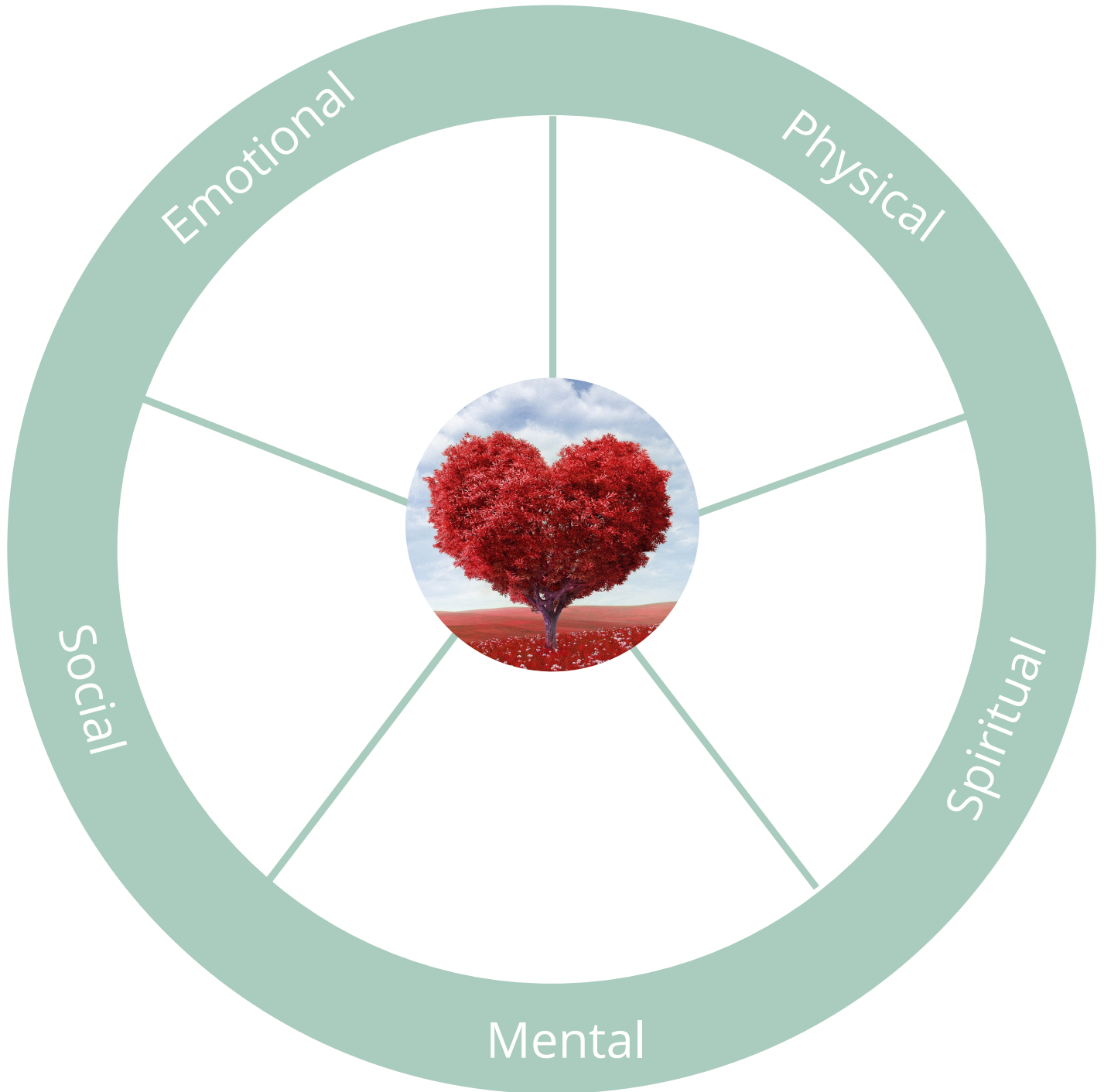
5 areas to look at are:
Emotional, physical, spiritual, mental and social



Self-care is how you take your power back

GETTING STARTED

Below is a blank self-care wheel. Fill in the areas you are working on and write what you can start to add for yourself in each section.



SELF-CARE

REAL SELF-CARE

Drinking water
Being kind to yourself
Setting healthy boundaries
Spending time with people who
enrich your life
Moving your body because you
can
Treating yourself to something
new because you love yourself
Fueling your body with food that
gives you energy

FAKE SELF-CARE

Dieting
Using alcohol or drugs
Talking crap to yourself to
motivate you
Saying 'yes' to everyone because
you're a nice person
Buying anything that promises to
make you love yourself more
Working out as punishment or
attending a class that shames
your eating habits/appearance

SELF-CARE IDEAS FOR THE MIND

Take a nap
Read a book or magazine
Get more sleep
Laugh
Create something
Listen to a podcast
Edit who you follow on social media
Buy flowers
Listen to a good playlist
Sleep in
Ask a friend for support
Play with your pets
Go to a museum or movie
Say 'no' to others
Go to a therapist coach
Take a class
Meet new people
Communicate your emotional needs
Get organized



mindfulness

SELF-CARE IDEAS FOR THE BODY

Visit my doctor and dentist
Get a monthly massage
Exercise, get outside for a walk
Stretch
Cut back on alcohol
Do yoga
Get a manicure or pedicure
Get in the sun for 20 minutes a day
Get a facial
Take a bubble bath
Get a new hairstyle or colour
Detox or cleanse your body
Go dancing
Eat healthier meals



SELF-CARE IDEAS FOR THE SPIRIT

Meditate

Journal

Pray

Set healthy boundaries

Volunteer

Donate stuff

Allow yourself to grieve and feel

Forgive yourself and others

Ask for what you need help with

Remove toxic people from your life

Say no to others and don't feel guilty

Practice letting go

Re-assess your priorities

Make peace with your flaws

Challenge your negative thinking

Deal with your past



Neglecting your own needs leads to illness
and burnout.

QUESTIONS/NOTES

Set small, realistic goals for yourself and
never be hard on yourself.

What am I doing right now that is for my health?

What can I start today?

What can I stop doing today?

What do I need to do less of?

What do I need to do more of?



RESOURCES

Self-love experiment - Shannon Kaiser

Fear Less - Dean Sluyter

Positive Energy - Judith Orleff

**How to be happy (or at least less sad)
- Lee Crutchley**

52 lists for happiness - Moorea Seal

Love yourself - Tami Walker

**There are lots of podcasts out there.
Find one that you think is interesting
and listen.**