



SELF-CARE HABITS



# WHATS IS self-care?

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Self-care is part of the answer to how we can all better cope with daily stressors. Usually is the stress of trying to keep up with the pace of daily life. It is important to maintain a healthy relationship with yourself. It means doing things to take care of your mind, body, and soul. The World Health Organization (WHO) defines self-care as" the ability of individuals, families, and communities to promote health, prevent disease, maintain health..."

Self-care can be seen in many forms. It is vital for building resilience toward those stressors in life that you can't eliminate. Many people self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you can ensure you're caring for your wellbeing. What is needed for practical implementation of self-care is a description of all the elements positioned from the individual point of view.

## SEVEN PILLARS OF SELF-CARE

- Knowledge & health literacy
- Mental wellbeing
- Physical activity
- Healthy eating
- Risk avoidance
- Good hygiene
- Rational use of products & services



Self-care isn't just about finding ways to get relax. It's about taking care of yourself mentally, physically, emotionally, socially, and spiritually. It is important to find a balance that allows you to address each of these areas.

# WHY IS self-care

## IMPORTANT?



According to the World Health Organization (WHO), self-care is important because it can help promote health, prevent disease, and help people better cope with illness.

Having an effective self-care routine has shown to have a number of important health benefits.

Specific forms of self-care have also been linked to different health and wellness benefits, including a longer life.

**01** Reduce anxiety and depression.

**02** Reduce stress and improve resilience.

**03** Improve happiness

**04** Increase energy

**05** Reduce burnout

**06** Strengthen your interpersonal relationships

# BENEFITS OF self-care

*When it comes to your mental health, self-care is the key. Self-care is essential for your well-being but also have others benefits.*

## HELPS YOU BE MORE PRODUCTIVE

Slowing down can take many forms. You can start saying no to commitments that aren't important for you, carve time out in your day to do some yoga, or talk to a friend.

## IMPROVES YOUR SELF COMPASSION

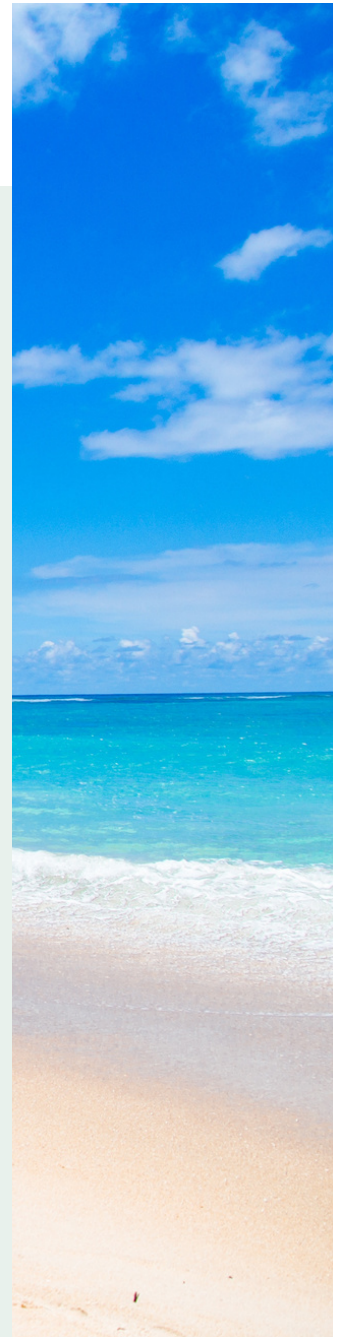
Self-care improves how you feel. The more you take care of yourself, the better you will feel. Treat yourself with love and compassion to view the world differently.

## HELPS YOU FIND OUT WHO YOU REALLY ARE

Self-care will help you stop and think about what you can do for yourself that makes you feel good. What really lights you up? A few of us can answer this question but many can't.

## YOU'LL HAVE MORE TO GIVE TO OTHERS

Self-care can make you realize that your own well-being isn't selfish. Value your own power to higher yourself. Self-care will bring you more capacity for you your family and friends.





# HOW TO MAKE TIME FOR self- care



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Making time for self-care is important for your well-being. You might think it is impossible to squeeze in any time for yourself, but taking a few minutes for your self-care is one of the most important things you should do every day.

If you're waiting for your schedule to open up to do a little self-care, you might be waiting for a while. To be successful with your self-care routine you should prioritize yourself over others.

*Remember that you are running your own race. Do not compare your life to anyone else's. Focus on the little things that make you happy and engage with your self-care routine to improve your well-being.*

Start looking for small ways you can incorporate it into everyday life. The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life and thrive.

# TYPES OF SELF-CARE

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To feel more relaxed do the following self-care activities on a daily basis.

## EMOTIONAL SELF-CARE

Taking care of your emotional self is about being in tune with your emotions. Being aware of, and identifying, what you are feeling allows you to lean into the feeling in a way that honors yourself and your emotions.

## PHYSICAL SELF-CARE

Taking care of your physical fitness and your body is a major part of self-care. It involves activities that improve your physical health such as diet and exercise. Go for a ride bike and enjoy nature as part of your routine.

## RELATIONSHIPS SELF-CARE

To practice self-care in your relationships make connections with others, take time away to engage in activities with your family and friends.

## SPIRITUAL SELF-CARE

Spiritual self-care involves activities that nurture your spirit and allows you to think bigger than yourself. Take time to meditate, do some yoga, go to a place of worship, be in nature, dedicate time for self-reflection

## MENTAL HEALTH SELF-CARE

Mental health self-care involves taking time to remind yourself how important you are. Connect with your inner self by learning how you feel and what you need to improve.

## INTELLECTUAL SELF-CARE

Intellectual self-care means doing something that challenges your mind and makes you grow. Learn something new, read a book, listen to a podcast, watch a documentary, all are forms of intellectual self-care.



# SABOTEURS OF self-care

Self-sabotage means doing the opposite that you need. Self-care requires strength, bravery and permission to attend to your own needs. Even knowing this, it's difficult to identify which actions are self-care or self-sabotage in disguise.



Excuses top the list of self-sabotage. There are good reasons we can't take time out for ourselves and you may have one. Justifying inaction might be nothing more than excuses.



Feelings of unworthiness are another self-sabotage form. Some of us don't feel valued, loved, or respected. The idea of taking time out just for ourselves is unthinkable. We probably believe that is our job to tend to everyone else's need first.



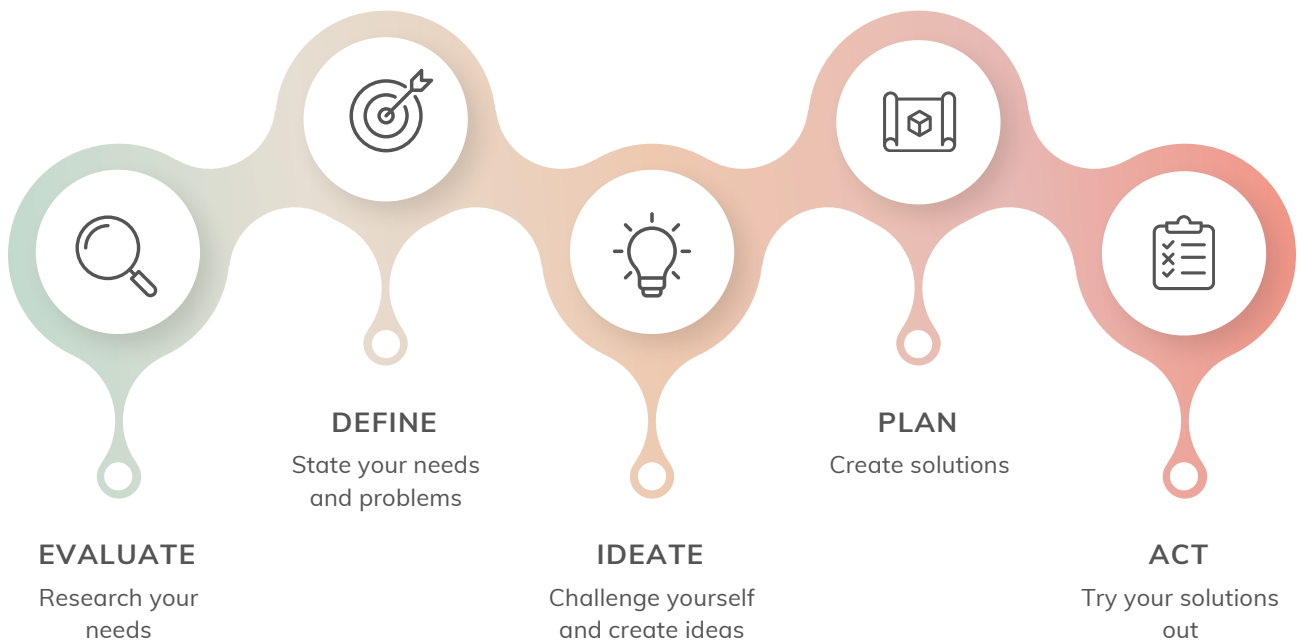
Self-punishing behavior or unforgiving is another form of self-sabotage. Mostly is not easy to see or admit it. Being odd with ourselves, punishing or beating ourselves for something we did or did not do in the past, is a punishing behavior.



Having internalized that self-care involves the recognition of our own self-sabotages behavior will make you stronger during your self-care journey. Pause and think about something you believe is standing in the way of becoming a more self-caring person.

# PLAN FOR SELF-CARE

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# SELF-CARE HABITS



# GET SOME *s*leep

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Not enough sleep can drain you emotionally and physically. Sleep helps our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression. Sleep has links to people's emotional and social intelligence.

Giving adequate rest may also help prevent excess weight gain, heart disease, and increase illness duration.



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*Your bedtime routine should be a relaxing time.*

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Go to bed around the same time each night.



# EXPRESS

# gratitude

When expressing gratitude, is part of the activities that nurture your spirit and it allows you to think bigger than yourself. Spiritual gratitude does not have to be religious, although for some it is.

Connect with your community, volunteer to help others, practice yoga, meditate, spend time in nature, focus on your hobbies or speak with someone you trust.

Set time aside to slow down in the busyness of your life to look back on your day, and reflect.

**Expressing gratitude can bring a calm sense of well-being.**

Expressing gratitude bolsters resilience to stress, lower depression, increase the feeling of energy, determination, and strength.



# Gratitude Jar

*Today I am thankful for .....*



What are you grateful for? Write this in the jar above 10



# LIVE healthy

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Healthy living will make you feel better. Regular exercises can lift your mood and help you feel more productive.

A healthy lifestyle also includes saving money. Eating junk food, smoking, and drinking sugary drinks are all expensive and unhealthy habits. A healthy diet will bring you more energy and fewer health problems by lowering the risk of developing many illnesses. Getting healthy helps you feel in control of your life.



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*eat healthy  
live healthy  
be healthy*

When we look after our physical health, we feel better too - fitter, more relaxed and better able to cope with things.



# KEEP A SELF-CARE

# journal

A self-care journal can have huge effects on your well-being and relationships. By writing every day you can develop a greater appreciation for the good things that are happening in your life and the people you have around. As a result, you will pay attention to the good things in life that we might take for granted.

Every day, write down 5 things that you are grateful for. This will help you remember good experiences, people, things or events that are important for you.

Write details about why you're grateful for that memory. Be as specific as possible - specificity is key to fostering gratitude.

See the good things that are happening in your life. Thinking about the good things in your life as gifts guards against taking them for granted.

Write regularly. Whether you write daily or every other day, commit to a regular time to journal, then honor that commitment.



# BUILD relationships

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Your social self-care must include activities that involve yourself with others. One important part of self-care is maintaining social relationships. Socialization and having close connections with others are important to our well-being. These relationships give us people that will support us and create memories with us.

To maintain our friendships as part of our social self-care we must have a balance and interact with meaningful conversations and activities, to get the quality time you need with your friends.



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*Maintaining relationships  
takes time and effort,  
from both sides.*

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There are different ways you can feel recharged and happy through your social relationships. You can get creative and incorporate your hobbies into your social interactions. The activities that you already enjoy as part of your self-care can easily be shared with others too.

# HONOR yourself

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listen to yourself  
practice hobbies  
try something new  
get to know yourself

A way to honor yourself is by taking care of your emotional well-being. Accepting all your attributes, positive or negatives will improve your self-esteem.

Honoring yourself includes practicing forgiveness, respect your body, be honest with yourself, pick an activity that makes you feel good, commit to self-compassion.

Look after yourself as and show as much love and kindness as you might show other people in your life,





# LEARN NEW

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# skills

Learning new skills is one of the most important things you should do to self-care. Learning new skills helps your professional life and increases your adaptability. It helps you achieve your goals, gives you confidence, and motivation too.

Learning new skills could bring you the opportunity to create new ideas. Growing enhances the ability to get success in your professional life as well as your personal life. It helps you gather new experiences, and gives you access to new and different chances.



By educating yourself and trying new things, you will learn that you are capable of change and growth. Learning new skills can bring you new opportunities and create new habits in your life. It keeps your mind engaged and body active. It helps you get new knowledge-based perspectives on the world around you.

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*Engage in a new skill frequently, it will keep you motivated and relevant.*

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