

A top-down view of a desk with a succulent, paper clips, glasses, and scissors. The succulent is in a clear glass pot. There are several gold paper clips scattered around. A pair of black-rimmed glasses is on the left. A pair of gold-handled scissors is on the right. A small white bowl and a small gold bowl also contain paper clips.

# Self Care

Self-care is an intentional, conscious action one takes to promote one's own physical, mental, and emotional health.

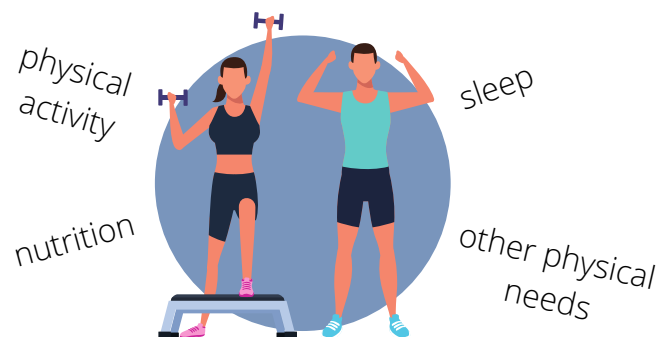
# What Is Self-Care?

*Self-care is an intentional, conscious action one takes to promote one's own physical, mental, and emotional health. As humans, we are complex beings made up of body, mind and spirit. Therefore, a well-balanced, wholistic self-care plan takes all these areas into consideration ensuring that each area is being looked after.*

*There are stressful situations that arise in life which we have no control over. What we can do, however, is take steps to care for our bodies, minds and spirits and insodoing, ensure that we are better equipped to handle those stressors when they do arise.*

## 1. Physical Self-Care

*In order for your body to run efficiently, it has to be taken care of. Because of the connection between your body and your mind, when caring for your body, you'll think and feel better too.*



SAMWAYCOUNSELLING.COM.AU

*Self-care is  
NOT a LUXURY;  
it is a PRIORITY!*

Physical self-care includes:

- *Good nutrition (fuel)*
- *Adequate sleep*
- *Exercise (physical activity)*
- *Tending to other physical needs eg:*
  1. *Attending medical appointments*
  2. *Taking prescribed medications as necessary*
  3. *General health management*

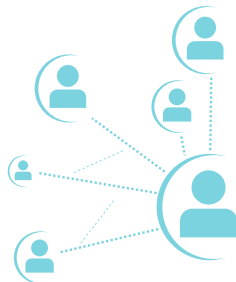
**Are there some areas of physical self-care where you can improve?**

To determine this, ask yourself the following questions:

- ✓ *Am I getting enough sleep?*
- ✓ *Am I making healthy choices regarding my eating habits?*
- ✓ *Am I getting enough exercise?*

## **2. Social Self-Care**

*An often overlooked aspect of self-care is socialising. This has been made increasingly difficult in recent times with pandemic-related social restrictions. However, this is a key area of well-being! We need others!*



SAMWAYCOUNSELLING.COM.AU

*Exercising does not mean joining a gym. Even a brisk walk around the block is better than nothing!*

*In a busy world, it is hard to make time for friends and it's easy to neglect relationships.*

*There is no one-size-fits-all when it comes to working on relationships. While everyone has social needs, the extent of these needs differs from person to person. It's helpful to determine what your social needs are and to factor in sufficient time in your roster to care for this important area.*

Relationships need to be intentionally cultivated and maintained – they don't 'just happen'.

**Are there some areas of social self-care where you can improve?**

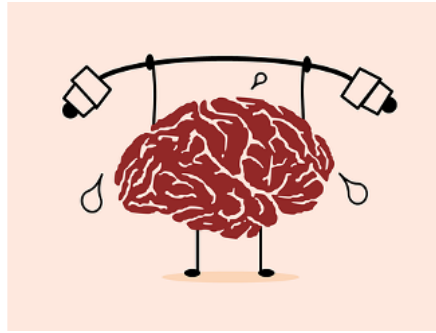
Ask the following questions:

- ✓ *Am I getting enough interaction with my friends?*
- ✓ *Are there friends or family members that have 'fallen off the radar' with whom I need to reconnect?*
- ✓ *What am I doing to nurture my relationships with friends and family?*

### **3. Mental Self-Care**

*The way you think and the things that occupy your mind influence your overall psychological well-being.*

*Just as you exercise your biceps to strengthen them, so too you can do things that keep your mind sharp. This is all part of good mental self-care.*



Some practical mental exercises include:

- *Solving puzzles*
- *Reading*
- *Learning about a subject that interests you*
- *Watching documentaries, etc.*

*Apart from the outward 'activities', there are some internal things that can be done that improves mental health:*

- *Think kindly about yourself*
- *Practice self-compassion and acceptance*
- *Challenge negative thoughts and replace them with positive ones*

**Are there some areas of mental self-care  
where you can improve?**

Here are a few questions to ask yourself:

- ☑ *Am I making time for activities that stimulate my mind?*
- ☑ *What unhelpful thoughts do I have about myself? How can I replace these with more helpful ones?*
- ☑ *Should I perhaps give a Counsellor a call just to talk?*

## 4. Spiritual Self-Care

*Including religion or spirituality in one's life generally leads to a healthier lifestyle.*

*Before you say, "I'm not religious", remember looking after your spirit doesn't necessarily have to involve religion. It could involve pondering some of the deeper questions of life in order to find meaning.*

*For Christians, spiritual self-care involves praying, attending a church service, reflecting on Bible passages, etc. For non-Christians, it would look like something more in line with your own religion or faith.*

**Are there some areas of spiritual self-care where you can improve?**

As you consider your spiritual life, ask yourself:

- ☑ *Why am I here?*
- ☑ *What's my purpose in life?*
- ☑ *What happens when I die?*
- ☑ *How am I contributing to the wellbeing of society?*
- ☑ *Am I engaging in spiritual practices that I find fulfilling?*

## 5. Emotional Self-Care

*We all experience uncomfortable emotions (e.g. anger, sadness, worry, etc) Having healthy coping skills to deal with these are important. Being able to acknowledge and express your feelings on a regular basis is helpful.*



*You may find it useful talking to a partner, a close friend or even to a professional counsellor about how you feel. Alternatively, you may set aside time for leisure activities that help you process your emotions. Whichever route you choose (it may even be a combination of elements), incorporating emotional self-care into your life, is vital.*

**Are there some areas of emotional self-care where you can improve?**

Helpful questions to ask:

- ✓ *Do I have healthy ways to process my emotions?*
- ✓ *Do I incorporate activities into my life that helps me feel recharged?*
- ✓ *Do I have someone with whom I am comfortable expressing my emotions - if not, should I perhaps book an appointment with a Counsellor?*



## My Plan for Change

*As you identify which area of self-care needs the most attention, it's important to remember:*

- 1. It must be intentional – it's not going to 'just happen'.*
- 2. It must be consistent – make a plan and stick to it.*
- 3. It must be a priority – there's always going to be things vying for your time but remember you can't adequately tend to other things if your own self-care is being neglected.*
- 4. It must be flexible – as your situations change and as you grow, so too will your plan.*

If you have found this e-Book helpful,  
then we'd love to hear about it:

# SAMWAY

COUNSELLING SERVICES

[info@samwaycounselling.com.au](mailto:info@samwaycounselling.com.au)

[www.samwaycounselling.com.au](http://www.samwaycounselling.com.au)

FOLLOW US



*Let's journey together*