

# MAKE YOURSELF A PRIORITY

## Self Care Tips

### What is Self-Care?

Self-care can be defined as the intentional act of engaging in activities and behaviours that promote one's physical, mental and emotional health. Self-care means taking time to do things to maintain health, prevent illness, manage stress and enhance overall wellbeing and quality of life.

### Benefits of Self-Care?

The act of looking after oneself holds many personal and professional advantages and practicing self-care regularly can foster both short and long term benefits.

From a personal standpoint, self-care has shown to significantly reduce anxiety and depression, as well as play a key role in physical disease prevention.

Some studies have also drawn parallels with self-care practices and the enhancement of one's resilience and self-esteem, which in the long run - may help to promote social engagement, allowing for healthier relationships and feelings of belonging.

From a professional perspective, self-care has been shown to increase productivity, improve job satisfaction as well as play a pivotal role in stress reduction - consequently reducing burnout, absenteeism and promoting better work-life balance.

## Self Care Tips



### 1. Know your stressors

Identify your triggers and familiarise yourself with the things that typically jumpstart your stress across different areas of your life. When stressors are unavoidable, learn ways to minimise the impact and limit your stress response.

### 2. Establish healthy habits

Develop consistent routines for sleep, nutrition, exercise and hydration, as establishing the basics of physical health will pave the way for mastering your mental and emotional health.



### 3. Identify your personal coping style

What serves to help you to de-stress (or ways in which you choose to 'take care of yourself') will be unique to you. When choosing appropriate activities, it might be helpful to consider the separate domains of self-care that tap into separate areas of wellness (e.g. physical, social, emotional, occupational, financial, environmental, spiritual). Self-care is a personal and on-going journey, and the precise practices that work best may vary from individual to individual. The key is to experiment and find what resonates with you most.



### 4. Practice mindfulness

Make time to learn how mindfulness can be beneficial to you, and discover how you can start incorporating mindfulness practice into your daily life.

### 5. Make time & prioritise what matters

One common barrier to practicing self-care is a lack of time. If time is a concern, live by the rule of "something is better than nothing" and aim to set aside even 5-10 minutes each day for self-care practice, with the aim of gradually extending this. Choose to engage in activities that will provide a sense of achievement, enjoyment and purpose, as this will boost motivation and increase the likelihood of you repeating the activity again.



### 6. "You can't pour from an empty cup"

The importance of self-care is often overlooked and there's a common misconception that self-care entails a degree of egotism and selfishness. However, multiple studies (particularly those involving carers and caring professionals) have shown that self-care behaviours are crucial to wellbeing, not only for oneself, but also for those you are trying to support.

#### Resources:

World Health Organisation - [https://www.who.int/health-topics/self-care#tab=tab\\_1](https://www.who.int/health-topics/self-care#tab=tab_1)

Global Self-Care Federation - <https://www.selfcarefederation.org/>

American Psychological Association - <https://www.apa.org/research-practice/self-care>

Ted Talks: The Importance of Self-Care [https://www.ted.com/playlists/299/the\\_importance\\_of\\_self\\_care](https://www.ted.com/playlists/299/the_importance_of_self_care)

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