



## The Four Steps of Self Care

### 1. Get to Know Yourself:

By paying attention to your bodily sensations, thoughts and feelings that accompany different states of activation, stress, threat, safety and wellness. It is important to do so in a 'trauma informed' way and as a 'compassionate friend'.

We all have our own unique way and pace of getting to know ourselves. It helps to utilize resources in the format of reading, trainings and workshops.

Follow the Guideline of staying in a zone that is tolerable and does not create distress to a level we cannot regulate. Kindness, curiosity and a sense of adventure helps. Sometimes we need someone to give support and guidance as we get to know ourselves.

### 2. Get to Know What Works for You:

What regulation practices work best for you to bring you to a state of balance? What routine works best for you? Length of practice, time of day, place? What does balance feel like for you? We suggest you explore and find core practices that are a minimum of 20 minutes, 3 times a week that ground you in a sense of connection, balance and wellness. Once again do so at your own pace in 'trauma informed' way and as a 'compassionate friend'.

Additionally practice little Seed or Anchor moments through out your day. Explore and see what works for you.

### 3. Make Practice a Habit:

Practice is only effective when practice becomes a part of your lifestyle and separate from your to do list. Practice is like eating, drinking water, breathing, and part of our daily routine of caring.

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## **The Four Steps of Self Care - Continued.**

Often we lose the habit of caring for ourselves and become totally focused on work and others. We all need to create a gravity so that caring for ourselves is our starting point. This supports us to be more effective and discerning in how we care for others and function in the home, community and workspace.

We all experience strong pulls away from this place of balance and need to keep conscious intention and momentum around nourishing and caring for ourselves. This can mean visiting patterns of survival or resilience from childhood or other times in our lives that were helpful at the time and may not be supportive of our well-being here and now. It can also mean being an advocate for ourselves to change systems or relational patterns that are not supportive of or destructive to our well-being.

**This is where self-caring highlights that we do not exist alone and caring is only truly effective when it is part of a collective system oriented to care and wellness.**

### **4. Practice with others & know when to ask for help:**

Co-regulation is the most effective way to practice. This can be with other people or with nature/place. We are wired to connect and our mind and nervous system is relational.

For co-regulation to be effective it needs to be an environment where you feel comfortable, connected and safe. Where you feel a sense of belonging.

There are times when we need the help and support of others. Recognizing when to reach out for support is vital to our well-being.

Part of being in a caring community is also knowing how to support others. This begins with effective skills of caring and regulation of our own state of being.

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## **The Four Steps of Self Care**

- 1. Get to know yourself**
- 2. Get to know what works for you**
- 3. Make Practice a habit.**
- 4. Practice with others & know when to ask for help**

## **Workshops & trainings offered by Heart Place & the Mental Health Station**

- **The Four Steps of Self Care – (2.5hr workshop)**
- **The Foundations of Self Caring – (4hr workshop)**
- **Caring Communities – (3.5hr workshop)**
- **Trauma Informed Communities – (3.5hr workshop)**
- **Trauma Informed Monthly Meets –(2 hour)**
- **Compassion Circle Monthly Meets–(1.5 hour)**
- **Befriending Stress - (3.5hr workshop)**
- **Tend & Befriend – (2hr session)**
- **Maximizing Stress in the Workplace -(4hr workshop)**
- **Mindfulness Trainings – For workplace & Community**
- **Mental Health First Aid Training-(12hr training) MHFA  
For workplace & community.**

**All trainings can be online or face to face.  
In your training room or ours located in Fremantle.**

**We offer a range of classes and practice based sessions to suit  
a variety of needs visit our website to view our timetable:**

**[www.heartplace.org.au](http://www.heartplace.org.au) [sydel@heartplace.org](mailto:sydel@heartplace.org)**

**Visit [www.mentalhealthstation.org](http://www.mentalhealthstation.org) for MHFA & our  
Mental Health Station Directory of Resources.**

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