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COUNSELLING AND WELLNESS

Self Care Guide

Tips and Tricks For Finding Balance

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COUNSELLING AND WELLNESS

Creating a Self Care Plan

Goals For My Mind

Wander in the city
Unplug for an hour
Keep a journal
Have a 'self' date
Go cloud watching
Do a mini declutter

Goals For My Body

Take a few deep breaths
Run for a few minutes
Take a quick nap
Have a good laugh
Do a massage
Wake up at 6

MIND

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BODY

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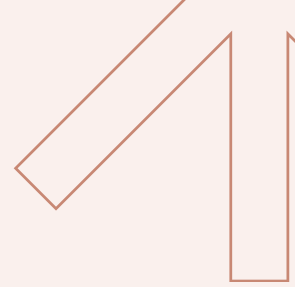
Understanding Self Care

WHAT IS SELF CARE?

Self care is an activity carried out by individuals to care for themselves with things that benefit themselves, both spiritually and physically. In short, self care is taking care of yourself.

However, self care is often considered selfish by some people. Why is that? This happens because from a young age our mindset or some people have been taught that "we have to care about and prioritize other people before ourselves."

Indeed, caring and being concerned about others is something that is very important, but don't forget to remain self aware around your own care physically and mentally. It's definitely a balancing act!
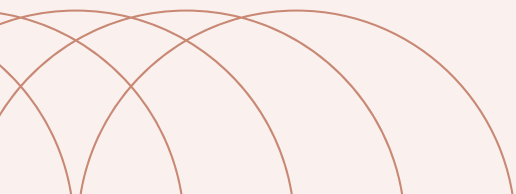
Types of Self Care
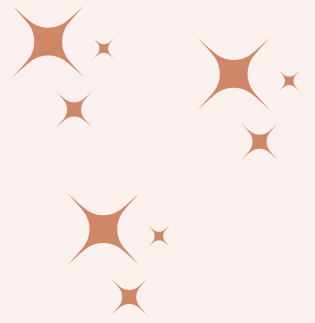
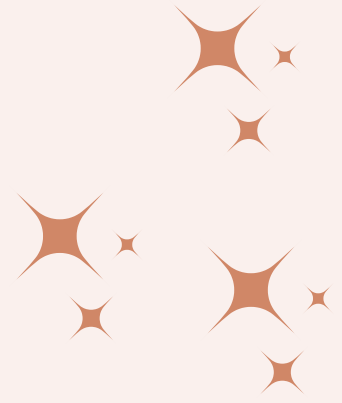Physical Self Care

Emotional Self Care

Spiritual Self Care

Personal Self Care

Intellectual Self Care

Ways to Improve Self Care

INCREASE SELF ESTEEM

Self esteem is the most important part of self care, especially when finding psychological balance This is because a low level of self-esteem can put oneself in a state of constant anxiety and negative thinking.

MEDITATION

Meditating will help you to recognize emotional feelings, whether they are positive or negative emotions. Spend at least 5-10 minutes a day meditating.

EXERCISE ROUTINE

Physical activity has been proven to affect our body and mind. Physical activity is not always synonymous with burdensome activities. There are fun and stimulating ways that we can apply physical activity, such as aerobics, jogging, cycling, etc.

BODY CARE

If your body feels tired at the end of the day, then it is time to start prioritizing our body care as well. Getting massages, visiting a spa, creating a DIY spa day at home, or just doing aromatherapy will make your body and mind relaxed.

Self care Ideas For Work

1. Get to work early. Avoid the rush hour. This also means you might be able to leave work early.
2. Eat lunch away from your office. Take a little break. Breathe some fresh air.
3. Have a small chat. Talk about something other than work. This makes your time at work less dull.
4. Turn off work-related email notification. Make breaks and your lunch hour tech free.
5. Wear your favourite outfit to work. Boost your confidence!
6. Have some healthy snacks. Supply energy to your body.
7. Listen to soft music. Relieve your stress with a soft background music.
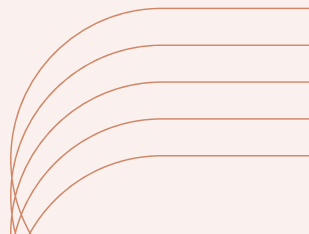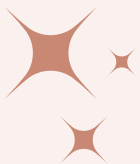
Self Care in Difficult Times

Set Boundaries

"Acknowledge your privilege, set boundaries, and learn to say no." Setting boundaries is essential to a healthy life, but it's a skill that many of us never learn.

Meditate

There's a reason that meditation is one of the most talked-about practices in the wellness world—this is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.

Check in with yourself frequently

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