



# SELF-CARE

## What is Self-Care?

- *Self-care falls within two domains: personal and professional. Self-care includes many activities and experiences within the physical, emotional, psychological, spiritual, relational, and professional realms.*
- *Self-care is very personal and must be relevant and meaningful for each individual. The foundation of quality self-care is making a strong commitment to honoring and promoting wellness within yourself.*
- *Self-care also includes setting boundaries and having agency in our roles and responsibilities. Part of self-care is recognizing our own stressors and building awareness around how we are feeling physically, emotionally, and psychologically.*

## Why is this important?

- *Self-care helps enhance our quality of life and supports our overall well-being and functioning. It prevents burnout, mitigates stress and other risk factors, and enhances overall life satisfaction.*
- *It is a way for us to engage in behaviors that help us to feel better physically, emotionally, and/or psychologically. This is particularly true when we engage in self-care in a preventative, proactive manner as “ongoing self-maintenance.”*

## How can we engage in self-care?

*Sometimes self-care can appear daunting, but we can engage in self-care in even the smallest moment during our day. We can engage in self-care anywhere: at work, home, in our car, bed, bathroom, etc.*

*We can truly take time to pause and engage in mindfulness, focus our attention inward to our breath, or focus our attention outward to nature. The possibilities are endless.*

*Here are a few easy tools to get you started:*

**COGNITIVE REFRAMING STRATEGY FOR SELF-CARE:** To help reframe challenging situations, it is beneficial to recognize what the **"tough thing"** is, but also what a **"good thing"** is. For example, "The tough thing is that it is storming outside, and I cannot do the things I wanted to, but the good thing is that I can now get some household chores done I had been putting off and can have some time for relaxation after."

**BODY AWARENESS:** Often, we are so busy, we forget about our physical self. To help us build and maintain groundedness, it is important for us to be "present" within oneself. One great way to do this is a **body scan**. A body scan allows us to scan our body for tension and allows us to also 'notice' any areas that are more relaxed. Click [here](#) or scan the QR code for an example of a body scan and to start to build your awareness of, and connection to, your personal presence.



**GROUNDING** is related to mindfulness, as it allows us to be present within ourselves and to connect with nature. Using our 5 senses, we can get anchored more within ourselves and with nature. One example is the 5-4-3-2-1 mindfulness grounding technique. Look around and take great notice in **5** things you can **see**; **4** things you can **touch**; **3** things you can **hear**; **2** things you can **smell**; **1** thing you can **taste**.

**You can also find additional information at these sites:**



<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>



<https://www.schoolpsychologyselfcare.com/personal-self-care-resources>



<https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-everyone.pdf>

*Working on these areas will help you to manage and enjoy your life in many ways! You deserve the best care for yourself, so that you can be your best "you"!*

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*Please contact us to if you'd like more information!*

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