



Practicing Self-Care

----- For Young Adults -----

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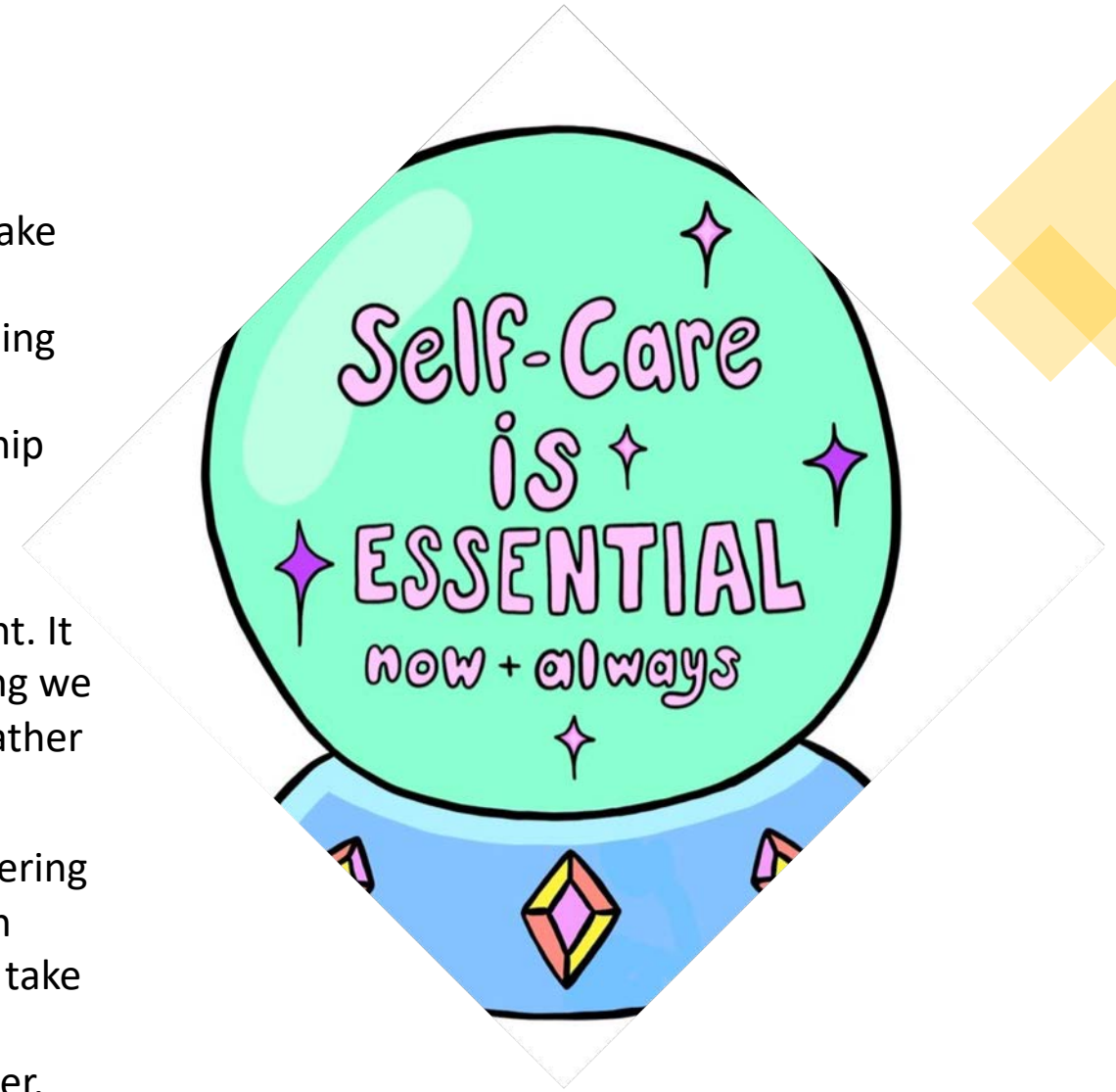
What is Self-Care?

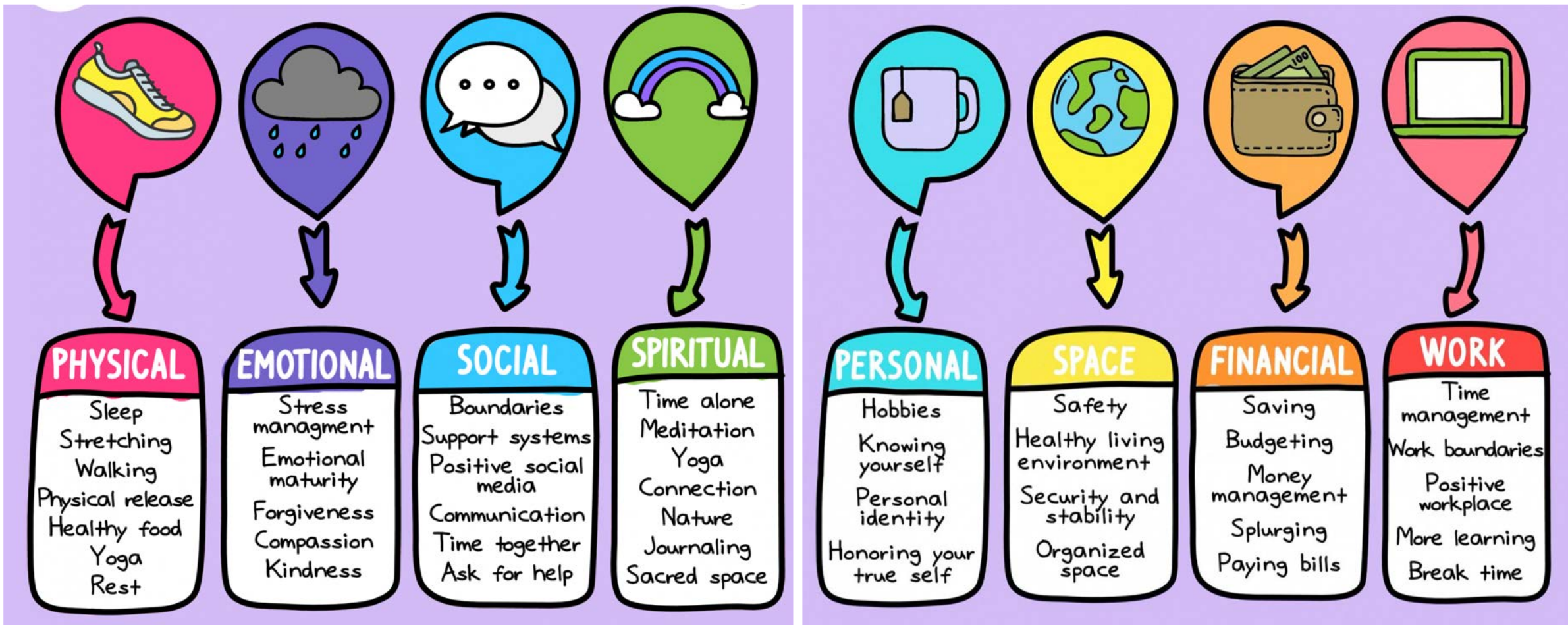
Self-care is any activity that we do deliberately in order to take care of our mental, emotional, social, spiritual and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.

What isn't self-care?

Knowing what self-care is not might be even more important. It is not something that we force ourselves to do, or something we don't enjoy doing. Self-care is "something that refuels us, rather than takes from us."

Self-care isn't a selfish act either. It is not only about considering our needs; it is rather about knowing what we need to do in order to take care of ourselves, being subsequently, able to take care of others as well. That is, if I don't take enough care of myself, I won't be in the place to give to my loved ones either.







This involves activities that help you to work consistently at the professional level expected of you while taking care of your well-being. For example:

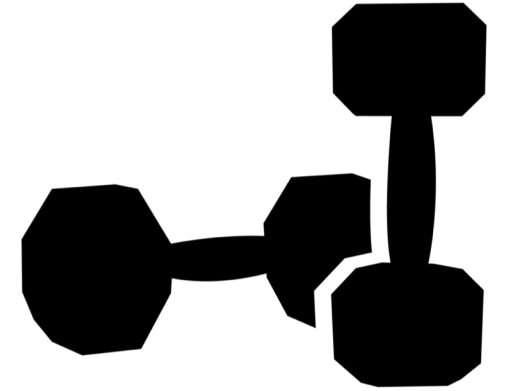
- engage in regular supervision or consulting with a more experienced colleague
- set up a peer-support group online
- Be firm with boundaries between clients/students and staff
- Read professional journals or attend professional development programs.
- Use constructive feedback as an opportunity to grow professionally
- Take 3-5 minute mindfulness breaks throughout the day for self-awareness and reflection
- Identify short-term goals for the day or the week
- Identify long-term goals for the month or the year
- Manage time by creating a schedule every day in the morning

Workplace or Professional Self-Care

Physical Self-Care

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

- Develop a regular sleep routine
- Aim for a healthy diet
- Take lunch breaks
- Go for a walk
- Get some exercise before/after work regularly
- Go for a bike ride
- Clean your room
- Limit caffeine
- Stay hydrated



Psychological Self-Care

Activities that help you to feel clear-headed and able to effectively engage with any challenges that are found in your work and personal life. It keeps you mentally healthy.

- Keep a reflective journal.
- Engage with a non-work hobby.
- Turn off your email and work phone outside of work hours.
- Make time for relaxation.
- Make time to engage with positive friends and family.
- Engage in self-reflection and self-awareness
- Practice self-compassion, acceptance and forgiveness
- Practice gratitude
- Engage in activities that help you alleviate stress



Emotional Self-Care

Activities that help you acknowledge and express your feelings on a regular basis, even the negative emotions. It teaches you healthy coping mechanisms to deal with emotions.

- Identify your feelings and acknowledge them
- Talk to a supportive friend, partner or family member
- Write three good things that you did each day
- Play a sport or engage in a leisure activity
- Have a coffee together with your loved one and talk to them
- Go to the movies or do something else you enjoy.
- Form a peer support group.
- Talk to your friend about how you are coping with work and life demands
- Smile more!



Spiritual Self-Care

Activities that help you develop a deeper sense of meaning, understanding, or connection with the universe. This involves having a sense of perspective beyond the day-to-day of life.

- Engage in reflective practices like meditation or mindfulness.
- Go on bush walks.
- Appreciate the nature around you
- Practice religious rituals with your family or friends
- Do yoga.
- Reflect with a close friend for support and deeper understanding.



Social Self-Care

This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

- Identify your social or relationship needs
- Prioritise close relationships in your life e.g. with partners, family and children.
- Attend the special events of your family and friends.
- Arrive to work and leave on time every day.
- Schedule time for family or friend dinner's
- Ask for help if needed
- Set boundaries
- Use social media as a platform to connect with friends and family members living in a different city or country



Create your own Self-Care Plan

For each category above, select at least one strategy or activity that you can undertake. You might notice areas of overlap between these categories. It is important to develop a self-care plan that is holistic and individual to you.

- **Fill your self-care plan with activities that you enjoy** and that support your wellbeing.
- **Keep this in a place where you can see it every day.** Keeping it visible will help you to think about and commit to the strategies in your plan. You can also share it with your supervisor, colleagues, friends and family so they can support you in your actions.
- **Stick to your plan and practice the activities regularly.** Just like an athlete doesn't become fit by merely 'thinking' about fitness, as a worker you can't expect to perform effectively without putting into practice a holistic plan for your wellbeing.
- **Re-assess how you are going at the end of one month** and then three months. Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan. After a while, check-in again to find out how you are going with your new habits.

Self-Care Plan

- ♥ Drink plenty of water!
- ♥ Eat lots of fresh veggies
- ♥ Meditate every morning
- ♥ Practice Yoga each morning
- ♥ Morning Affirmations
- ♥ Listen to happy music

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- Once you have created a self-care plan it is important to ask yourself, “what might get in the way?” What can you do to remove these barriers? If you can’t remove them you might want to adjust your strategies. Think honestly about whether any of your strategies are negative and how you can adjust your plan to avoid or minimize their impact.
 - It can be challenging if your workplace is not supportive of self-care activities, but you can still do things outside of work to help yourself. It is important that your plan resonates for you and that you put it in to action starting now.

