



SELF-CARE

Self-care is a generalized term that's recently grown in popularity used to describe things you do for yourself to make yourself feel good. These can be small self-care tips like picking up your favorite latte on your way to work, or something on a grander scale like booking an international vacation. Self-care activities are critical to our mental health and emotional state of well-being. Self-care refers to activities undertaken with the intention of enhancing energy, restoring health and reducing stress.

There are many ways to do this and everyone's approach is unique/personalised for that individual. Self-care strategies may help prevent some mental health challenges from developing or getting worse. Here are some tips for looking after yourself that you might find helpful:

BE ACTIVE & EAT HEALTHY

Taking steps to look after your physical health can drastically benefit you mentally.

MAKE A CONNECTION WITH SOMEONE

Feeling connected to other people is important. It can help you to feel valued. Try to spend some time connecting with friends/family or your community.

MAKE TIME FOR YOURSELF

Do something you enjoy. Take up a new hobby or reconnect with an activity you've done in the past (cooking, reading, gardening, photography, listening to music).

GET SOME SLEEP

Get an adequate and consistent amount of sleep each night (go to bed and wake up at the same time each day).

MAKE TIME FOR THERAPEUTIC ACTIVITIES

Find some time to take a bath, listen to some music, practice mindfulness, take your dog to for a walk or get out into nature.

STAY AWARE OF YOUR MENTAL HEALTH

Try to be aware of how you're feeling (keep a mood diary) and watch out for any signs you might be becoming unwell. Let your friends and family know how they can support you to get you healthy again.

FLOURISHING MENTALLY AND LIVING WELL IS IMPORTANT TO EVERY SINGLE ONE OF US. IT'S ABOUT ENJOYING LIFE, FULFILLING YOUR POTENTIAL, HAVING THE ABILITY TO COPE WITH STRESSORS AND ABOUT BEING CONNECTED TO FRIENDS, FAMILY AND COMMUNITY. WHEN YOU PRIORITIZE YOURSELF, YOU NOT ONLY ENSURE YOU ARE THE BEST "YOU" POSSIBLE, BUT YOU REINVIGORATE YOURSELF. YOU HAVE MORE ENERGY AND JOY TO GIVE IN OTHER AREAS OF YOUR LIFE.

