BEHAVIORAL HEALTH WELLNESS SHORTS
Topic of the Month: SELF-CARE

WHAT IS SELF-CARE?

Self-care is an action(s) that a person does to improve their physical, mental, and emotional health. Practicing self-care on a daily or weekly basis can assist in reducing stress levels, and give us the ability to handle life's stressors more efficiently.

Self-care does not have to be a daunting task to add to our huge list of "to do's". Developing a quick and easy self-care plan can actually give us tools to assist in boosting self-confidence, improving our physical health, and being at our best for our loved ones.

WHEN DEVELOPING A SELF-CARE PLAN BE MINDFUL THAT THERE ARE 5 DOMAINS OF SELF-CARE GIVE OR TAKE (DEPENDING ON THE INDIVIDUAL)...
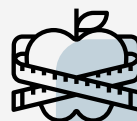
PROFESSIONAL

PERSONAL

SPIRITUAL

PSYCHOLOGICAL/ EMOTIONAL

PHYSICAL

The key is to work on balancing ourselves in the area that we have the most opportunity for growth, at any given time.
Check this self-care wheel out for some ideas...

SELF CARE

Gratitude & Mindfulness
Mindfulness links all self care actions. Recognise what we are grateful for, strategies to manage and when to seek help.

Environment
Whether it's your home, office or another space, nurture an environment that allows you to feel safe and take time out when you need. Lighting, noise and physical elements should be considered.

Social Community
Connect with your community, culture and spiritual values. Even better, set a project to contribute to or support your community's growth. Feel good about giving something back.

Set Limits
Say No! Know what you can do and what you can't. Set firm boundaries with boundary violators. Take time out, nurture good sleep and limit exposure to unhealthy environments.

Exercise, Sleep & Diet
Exercise & sleep are proven to support good mental health, reduce stress and increase problem solving. With a good diet, physical health sets a foundation for wellbeing.

Ask for Help
Many people ask for help when they have hit their limit, are in crisis or feel out of control. Self care teaches us to acknowledge our limits but importantly, to ask for help.

Interests, hobbies & playfulness
Return to old interests, do something new or advance your skills through studies. Rediscover playfulness through story telling, games or new forms of self expression.

Values
Values are the things that we define ourselves by. They may also be beliefs that guide our behaviour. Reflect on the values you hold dear to you and how you can express them in healthy ways.

Family/ Trusted Others
Connect with people you care about. Prioritise time with people who love you. Laugh together, cry together but most importantly, be genuine together.

DID YOU KNOW...

Practicing self-care makes us more productive at work by increasing our concentration and focus? We can even practice self-care at work by...

- *Doing a deep breathing exercise when we are feeling overwhelmed.*
- *Socializing with co-workers at lunch or on our breaks.*
- *Selecting healthier food options to fuel our bodies.*
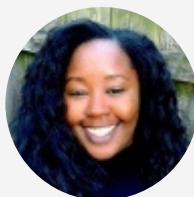- *Celebrating our small accomplishments throughout the day.*

QUICK TIP:

When starting our self-care journey the best thing that we can do is think about the people and the activities that make us happy, grounded, smile, release stress etc... and go from there!

Check out the SELF-CARE REFLECTION HANDOUT that is attached to this email for more ideas.

TAKE care OF yourself
YOU ARE IMPORTANT!

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Lackawanna Counties

Shanna   **Katharine**   **Shay**