

Self-Care

Client Name:

What is Self-Care and why does it matter?

Self-care includes all the things you do to take care of your well-being in four key dimensions – your physical, emotional, psychological, and spiritual health. Good examples of self-care include creating time to relax, spending time doing physical exercise, or simply getting a good night's sleep.

Life is stressful for us all and self-care is essential for managing stress. We want you to feel as well, healthy and stress free as you possibly can.

Self-care plays a vital role in looking after yourself and subsequently improving how you relate to yourself and the people who you care about. It's an inward investment that will also benefit others, and it's something we all deserve to do. Self-care is not a selfish act.

Benefits of taking up self-care include:

- Clearer thought processes
- Less tension in the body
- Improved mood
- Reduced anxiety
- Increased self-awareness
- Better productivity

How to Create your Own Self Care Plan

Follow the three-step process below to create your very own plan that works for you.

Step 1 – Identify the Self Care Activities that work for You.

To get started in creating your personalised plan, decide which activities bring about the best results for you. Activities you may wish to consider for your self-care plan include:

- Exercising, either at home, in a local park, or at the gym
- Making a healthy, nutritious, and tasty meal.
- Checking in with your health and seeing your doctor or nurse to discuss any health concerns you may have.
- Spending time with your partner, friends, or family.
- Practicing meditation or breathing exercises
- Getting out into nature, especially if you spend most of your waking hours indoors.
- Enjoying some leisure time, such as watching a film, reading a book, or playing a game
- Practicing good hygiene or pampering yourself with a facial or a massage
- Setting yourself up for a good night's sleep - try getting 7-8 hours as a minimum.
- Listening to music that improves your mood, or a podcast that inspires you.
- Planning time out - be it a trip away on a weekend, something longer or simply enjoying time at home to relax and unwind.
- Trying a new creative activity, such as writing a diary, painting, or sewing.

Step 2 – Plan When You are going to practice Self Care.

To make your self-care plan as easy to follow as possible, put it in your calendar, diary, or whatever you use to organise your time.

If you like routine, try making each activity a recurring event, happening at the same time and same place every week or every month.

If you prefer more spontaneous plans, make time to check in with how you feel on a regular basis, and factor in your self-care activities as and when you need them.

Step 3 – Create a Self-Care Back up Plan.

In work and life, certain things can happen unexpectedly, and during those times you may need a moment to look inward and work on yourself. Try having a few self-care activities planned for when this happens - it could be as simple as having

a tea break, checking in with a friend or taking a long bath. Knowing what will make you feel better in times of need will make it a lot easier to manage your emotional, mental, and physical health when you are feeling stressed.

Remember: self-care is a proactive activity, meaning you will experience the best results when you plan your self-care activity and give yourself the time and awareness to fully enjoy it. You deserve to make time for yourself, and by investing in your self-care, you will improve your quality of life, and your care for others.

Useful Resources.

A google search will bring you lots of results for self-care.

Here are some particularly good resources which you might find helpful –

www.thisiscalmer.com

www.mindful.org/why-you-need-a-self-care-plan

www.mentalhealthfirstaid.org/2020/07/how-to-create-your-own-self-care-plan/

Enable Guidance Sheets

As part of your support plan, we provide you with Enable Guidance Sheets on subjects you might be interested or need support with – such as sleep hygiene or anger management. These guidance sheets have been written by us to provide useful, general information and you can take them and your support plan home with you when you leave the service. We hope that they will be helpful to you once you are back home.

All the guidance sheets have information about websites etc where you can get more information if you need it. However, if you need more specific advice about your own health and wellbeing, you should contact your mental health team or GP.