



Self-Care Guide

Self-Care Definition

Real self-care is creating an intentional full purposeful lifestyle that allows us to feel and be at our best. It's about developing a personalized and sustainable self-care practice that becomes an essential core component of our lives.



Physical activity, connection with others, relaxing, & reducing stress



Healthy eating /clean foods



Get enough sleep

Focus areas of Self-Care

Time for You



There are many ways to take time for yourself, what recharges you?

- Take a walk,
- Yoga,
- Coffee with a friend,
- Reading,
- Meditation

Perhaps it's simply sitting in your favorite easy chair and thumbing through the newspaper or a magazine. What's important is that it is something you want to do for yourself. What do you enjoy doing?

Reflect & Pinpoint

Recharges the battery

- People,
- Places,
- Activities,
- What recharges you at work,
- Things that recharge you at home

Drains the battery

- Things,
- People,
- Places,
- Situations,
- What aspects of your work drains the battery? At home?

How well do you know yourself? Many have found the Myers Briggs Personality Test & the ACES test (adverse childhood experiences score), which is only ten questions, to be helpful in understanding the 'why'. Both are easily found with a google search.

The Basics



- Be grateful –
 - *It frees you from feeling **entitled** for what you do have, or **resentful** about what you don't have*
- Be gentle with yourself and kind to others
- Forgive and if you cannot, then ask your higher power to forgive you for not being able to
- Choose a positive attitude & outlook
- Habitually spend time on what brings you joy- an annual vacation is great but what about the rest of the year

Process

Self-care isn't going to descend on you merely for reading this guide; it's a process which takes time. How long did each of us take to get to this point? Is it not reasonable to expect this change process to take a bit of time? So, be patient, gentle with yourself, and do not forget that real lasting change is achieved with small steps. This is about progress not perfection.

Commit to starting the process by doing one small thing for yourself within the next 24-hours.