

Self-Care

What is self-care?

Self-care is a very active and powerful choice to engage in the activities that are required to gain or maintain an optimal level of overall health. And in this case, overall health includes not just the physical, but the psychological, emotional, social, and spiritual components of an individual's well-being.

Strategies for self-care

Although you can practice self-care at any time, it works best if you make it part of your daily routine. Here are six strategies to help you make self-care an essential part of your daily life:

- **Add It to the Calendar.** If you're a workaholic, put at least one thing you enjoy doing for yourself on your calendar every week. Like goal-setting, you're much more likely to actually participate in self-care if you write it down as something that needs to happen.
- **Confide in Your Spouse or Partner.** You can even make the goal for self-care a family goal, since it's likely that your partner is similarly depleted. Try to find one way that the two of you can support each other in self-care activities every week.
- **Bring Your Children with You.** Children are often cited as reasons individuals don't practice self-care. However, your children can be part of the solution. Bring them to a [farmers' market](#) to select healthy produce, or take them to the park with you so you can all run around together.
- **Infuse Self-Care into Your Day.** It's not always possible to get away for a vacation or for an entire day of relaxation. However, five minutes of deep breathing in your car or [t'ai chi](#) during your lunch break can also be effective in mitigating stress.

Self-Assessment

- What do I most enjoy doing with my time? (Your answer shouldn't include work or chores.)
- What activities make my heart feel at rest and at peace?
- When do I feel the fullest of life and well-being?
- When do I feel the tension release from my neck, shoulders, and jaw? What am I doing when this tension goes away?
- Which people provide me with energy, strength, and hope, and how much time do I spend with them compared to the people who drain my sense of well-being with negativity and guilt?
- When do I feel my life is full of purpose and meaning?

Benefits

- Physical Health
- Psychological Health
- Emotional Health
- Interpersonal / Social Health
- Spiritual Health

Resources:

<https://theselfcompassionproject.com/2013/06/03/80-self-care-ideas/>

<https://rockwoodleadership.org/21-self-care-resources-help-heal-survive/>

<http://www.mindfulteachers.org/p/self-care-resources.html>

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