

SELF CARE ADVICE



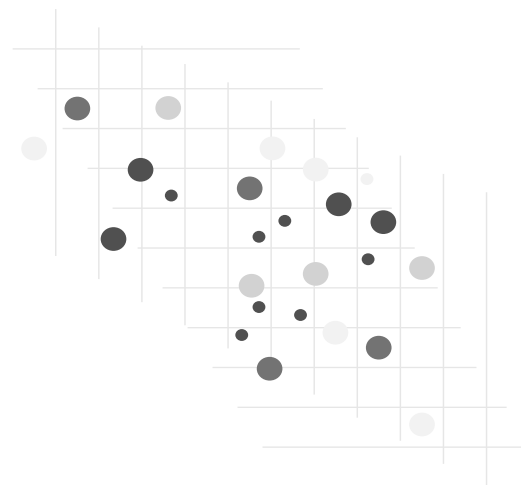
Mental health problems can affect the way you think, feel and behave. For some people, these feelings go away naturally without any long-term challenges, but for others, these negative emotions can become worse over time. This can result in a serious mental health condition, such as anxiety or depression, which can have a negative effect on your wellbeing and quality of life. However, mental health conditions are treatable and it's possible for you to make a full recovery. Self-Care is important as it's a part of building good mental health & wellbeing.

What Is Self-care?

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority.

EXAMPLES OF SELF-CARE

- Exercise
- Go for a walk
- Listen to music
- Cooking a meal
- Keeping yourself clean
- Watching your favourite film
- Taking Vitamins
- Holidays



Why Is Self-Care Important

Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer.

How Much Self Care Do I Need?

Determining when you need to take a break is highly personal depending on what's going on in your life, who else you're taking care of, and how busy your job is. "There is no regular script on how much self-care an individual needs, but regular self-care is ideal and daily is great.

Self-Care At Work

Practicing self-care at work is an important part of combating feelings of stress or burnout. When you find ways to manage your mental and physical health in the workplace, you can feel more relaxed and focused throughout the day. Self-care is also a way to remind yourself that you are a person before an employee. By incorporating a self-care routine into your day, you can feel more centred and satisfied with your workday.

Self-Care For Parents

- Get 7-8 hours of good quality sleep each night. It also helps if it's at roughly the same time too.
- Exercise for at least 30 minutes a day. It doesn't have to be a vigorous workout or gym session. Going for a walk, doing some yoga or stretching, or even hoovering and cleaning all serve to release those endorphins.
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