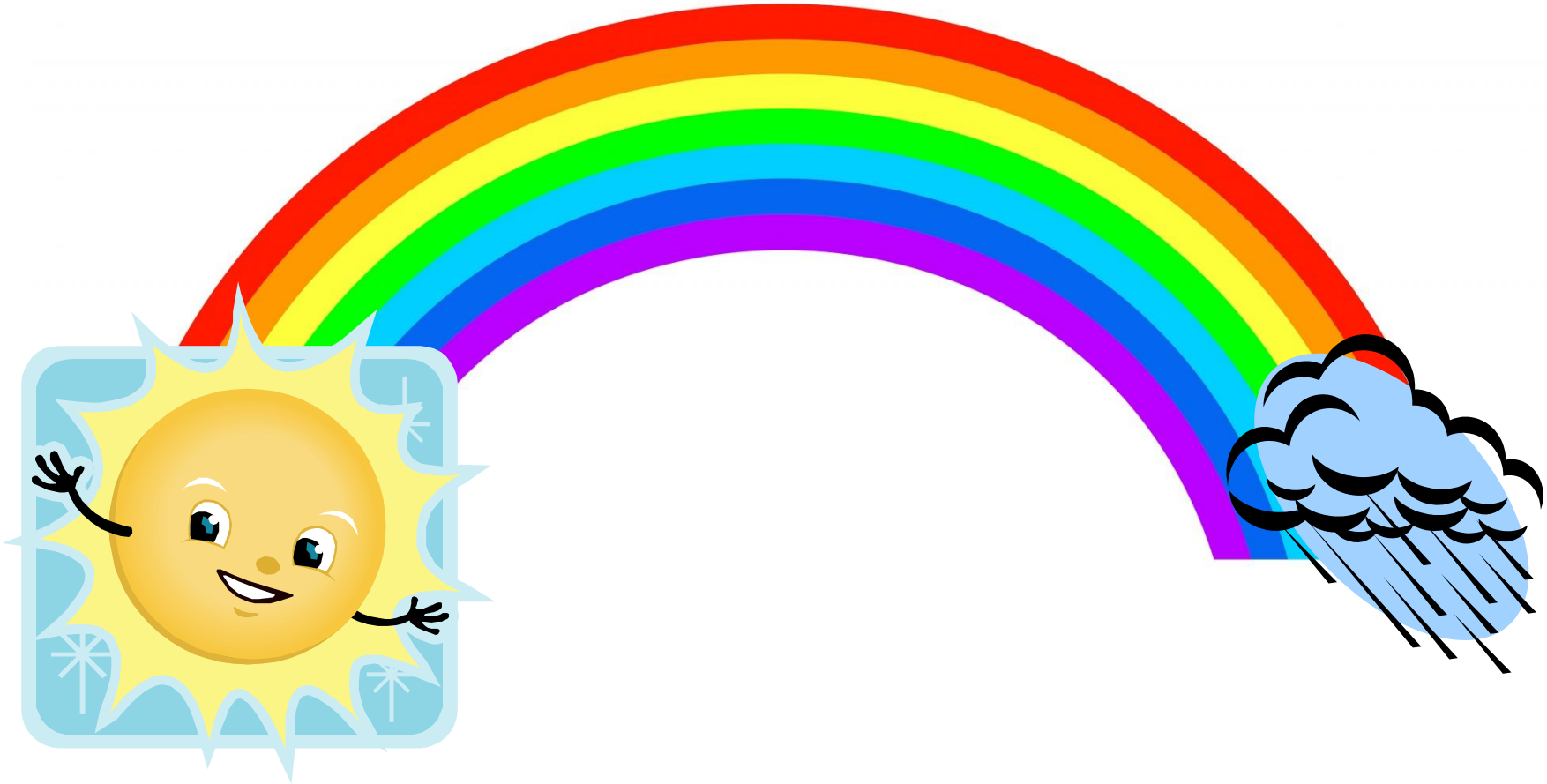
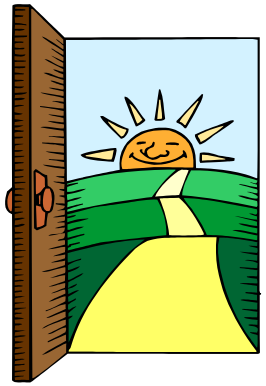
Self care





What we are going to think about

1. Why we need self-care
2. What may get in the way
3. Practical ideas



Why we need it in 2021











What do we tell ourselves about self-care?

I'm too tired

I'm not important

It's pointless

I haven't got time

I don't know how



Some Practical Tips



Positive intentions
Positive actions
Positive connections





Grounding With Your Five Senses

What are

5 THINGS YOU CAN SEE



Ideas

SUN
PICTURE ON THE WALL
PEOPLE WALKING

4 THINGS YOU CAN FEEL



WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3 THINGS YOU CAN HEAR



BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2 THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1 THING YOU CAN TASTE



MINT
Breakfast
TOOTHPASTE

PROMOTING EMOTIONAL WELLBEING

HIGH FIVE

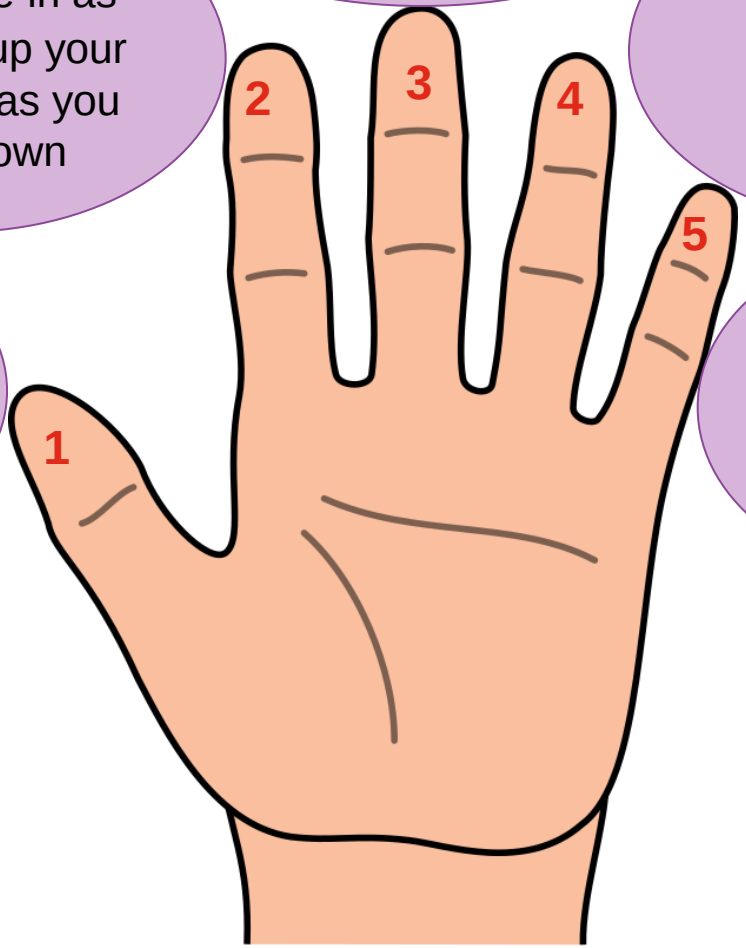
1. Breathe in as you move up your thumb, out as you move down

2. Breathe in as you move up your finger, out as you move down

3. Breathe in as you move up your finger, out as you move down

4. Breathe in as you move up your finger, out as you move down

5. Breathe in as you move up your finger, out as you move down



TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress managment
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help

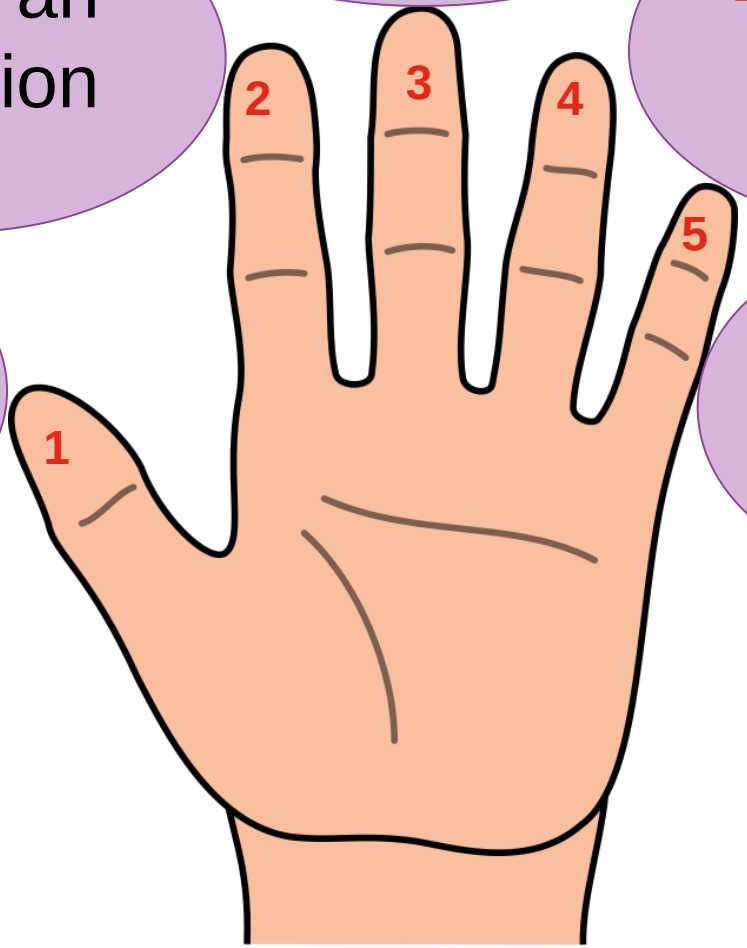


SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

Self-Care is about taking action

H I G H F I V E



1. Notice your negative self-talk

2. Set an intention

3. Make a plan

4. Build in treats

5. Share and review with someone