

Self-Care: How to Manage Yourself in All Aspects of Your Life



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Self-Care:

Self-care is a way of living that incorporates behaviors that help you refresh yourself, replenish your personal motivation, and grow as a person. It is a vital part of maintaining good health and a vibrant life. Making up a repertoire of reliable self-care habits now can bear on your quality of life today and in the time to come. You can begin building self-care into your lifestyle by setting an objective for yourself.

Self-Care is not Selfish to Put Myself First?

Taking care of your needs exists in a balanced, steady place in the middle of a continuum, with intense self-centeredness on one end, and extreme, sacrificing what you need or want for others' sake on the other end. Promotion oneself is a key factor in being able to maintain strength, resolve, motivation, and inner resources to continue to give to others. In fact, doing too much for others could deprive them of the opportunity to learn how to provide their own self-care.

Aspects of Self-Care

Self-care is a personal issue. Everyone's approach will be dissimilar. It refers to what you get along at work and outside of work to count after your holistic wellbeing so that you can fit your personal and professional loyalties. The different facets of self-care and example strategies that other people have found useful:

Physical Self-Care

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

- Produce a steady sleep routine
- Aim for a healthy diet
- Get some exercise before/after work regularly
- Take breaks and eat lunch
- Go for a lunchtime walk
- Take your times for a walk after work
- Go to the doctor when you are sick and get rest when your necessity it

Emotional Self-Care

Allowing yourself to safely experience your emotions

- Develop friendships that are supportive
- Write three good things that you did each day
- Play a sport and have a drink tea/coffee with your friend after training
- Do something that you really enjoy
- Continue meeting with your mothers' group or other societal group
- Speak to your friend about how you are coping with employment and life needs

Mental/emotional self-care involves practices that hold your mental intensity and emotional wellness. Developing reasonable expectations of your-self is an important role of mental and emotional wellness. Your aim should be to stretch yourself, not break yourself. Learning to be more accepting, kind and forgiving of yours-self can reduce tension and anxiousness and can create a generally more balanced lifestyle. You may need to remove some "should" from your vocabulary or say "no" to requests from time to time. Focus on improving and extending your social supports and create friendships with people who honor you and don't expect you to perform all the work to keep the relationship. Do a variety of things for fun and stimulation each week.

Psychological Self-Care

Activities that help you to feel clear-headed and able to intellectually engage with the professional challenges that are found in your workplace and personal life.

- Maintain a reflective journal
- Look for and engage in external supervision or regularly consult with a more experienced fellow
- Engage with a non-work hobby
- Turn off your email and work phone outside of work hours
- Make time for rest and relaxation
- Gain time to engage with positive friends and family

Spiritual Self-Care

This involves having a sense of perspective beyond the day-to-day of life.

- Engage in reflective practices like meditation
- Go on bush walks
- Go to church/mosque/temple
- Do more yoga
- Reflect with a close friend for support

Spiritual self-care involves practices that exercise your mind. Spirituality can be defined in many ways, and there are a variety of activities that can improve one's spiritual health. Some actions that may lead to your spiritual self-care include prayer, meditation, attending services with like-minded others, self-exploration and clearing up your values and priorities, reading literature and initiating meaningful discussions with others, finding a means to contribute to the welfare of others.

Professional and Workplace Self-Care

This involves activities that help you to work consistently at the professional level expected of you. For example:

- Engage in regular supervision or consulting with a more experienced followed up a peer-support group
- Be strict with boundaries between clients/students and staff
- Read scientific journals and join related professional organizations
- Attend professional development programs

Relationship Self-Care

This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships then that you are not simply connected to exploit people.

- Priorities close relationships in your life e.g. with partners, family and children
- Attend the special events of your family and friends
- Arrive to work and leave on time every day

Create Your Own Self-Care Plan

For each category above, select at least one strategy or action that you can undertake. You might observe areas of overlap between these classes. It is important to develop a self-care plan that is holistic and individual to you.

- Create your own
- Fill your self-care plan with activities that you enjoy and that support your wellbeing
- Keeping it visible will help you to think about and consecrate to the schemes in your program

- You can also share it with your supervisor, colleagues' friends and family so they can confirm you in your activities
- Stick to your plan and practice the activities regularly
- Exactly like an athlete doesn't become fit by merely 'thinking' about fitness, as a worker you can't require doing effectively without putting into practice a holistic program for your wellbeing.
- Re-assess how you are going at the end of one month and then three months
- Plans can take over a month to become habits, so check-in and be realistic about your own self-care plan
- After a while, come back and complete the self-care assessment again to find out how you are going with your new habits

A word of Caution:

Once you have created a self-care plan it is important to ask yourself, "What might get in the way?" What can you do to remove these barriers? If you can't remove them, you might want to adjust your strategies. Think honestly about whether any of your strategies are negative and how you can set your plan to ward off or downplay their impact. It can be challenging if your workplace is non-supportive of self-care activities, but you can even do things outside of work to serve yourself. It is important that your plan resonates for you and that you put it in to action starting now.

Next Steps

- Considered your self-care plan with your supervisor/mentor and close friends and family.
- Evaluate your plan after some time to check if the activities continue to suit your needs.