



Self-care – because it matters!

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ePoster

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Hey you... Yes YOU! There... staring at me!
I have a quick question for you:

How are you taking care of yourself today?

Why? You might ask?

Well, I'm a modern, caring, new-age kind of poster....

And I've seen fellow posters (often the old, paper variety) neglect their own self-care & end up... in the.... **Recycling!**

So, you might be asking...

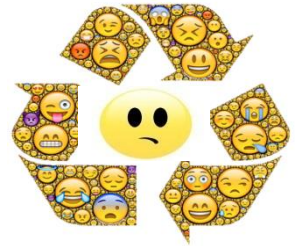
What does **SELF CARE** actually mean?

How can I do it?

Give me just a few moments of your time, and I'll show you...



*Image from Microsoft clip-art



Self-care is:

Putting yourself first sometimes

Practising good time-management

Knowing how to say “no” (or perhaps “yes”)

Feeling good about life

Achieving balance in your life

Meeting your necessary commitments

Believing you are worth it

Physical health (or managing medical conditions)

Work-life balance

Avoiding compassion-fatigue or burn-out

Being able to ask for help

Letting go of things you can't control or that don't serve you

Having healthy boundaries

Having dreams & hopes for the future

Not waiting until you reach crisis point to act



*Image from Microsoft clip-art

Self-care is a bit like a credit card, there's nothing wrong with going into a little bit of debt, just remember that you will have to pay it back! So... make sure your 'purchase' is worth it!

What happens when you **NEGLECT** self-care?

Stressed-out

Physical illness

Racing thoughts

Depressed

Loss of enthusiasm

Tired all the time

Difficulty making decisions

Forgetting things

Anxious

Insomnia

Irritability

Can't concentrate

Reduced immunity

Bursting into tears

Headaches

Skipping meals

Increased use of stimulants

Dread going to work

Reduced tolerance (especially for slow PowerPoint slides!)

You zoned out & have stopped reading this...



If any of these seem a bit too familiar... Don't panic! It's *never* too late to make changes. Small steps can add up quickly...



I DARE YOU! Pick 3 ideas from each column & challenge yourself to better self-care

PHYSICAL HEALTH:

Take the stairs not the lift

Choose fruit not cake/biscuits

Take 5 slow deep breaths

Skip every 5th or so cigarette (or leave the sugar out your tea)

Drink a glass of fresh water

Plan something nourishing for dinner

S-t-r-e-t-c-h (**Try it now - I promise I won't laugh...much!**)

Give yourself a hand massage (or book a remedial massage)

Go outside for 5 mins fresh air

Have a power nap (**with eyes open if you like!**)

Go for a short walk

Go to bed 10 minutes earlier – starting tonight

Got a better idea....? Add your own!

MENTAL WELLBEING:

Ground yourself – feel your feet on floor

Practice 1 minutes of mindfulness

State 3 things you're grateful for (or better yet start a gratitude journal)

Listen to favourite song on iPod/phone

List 2 things you are looking forward to

Laugh - for no reason (**Yes – I am being serious!**)

Arrange a catch up with a friend (Why not call or text them now?)

Try journaling or drawing (just don't over-think it – see what comes out)

Smile (**Pretend I've said something funny if it helps!**)

Write a 'bucket list' of things you dream of doing

Visualise saying "no" to something you don't want to do

Have a chat with someone (**I'm always up for a chat! Talk to me!**)

Can you beat the number I came up with up?

Go on... Try it... how hard can it be? (I bet your clients could manage it!)

And, when you're struggling, remember the basics:



There's lots of fancy research, but none of it matters if you don't actually do this stuff...
So, here's a summary of the basics in case you ever find yourself struggling...

1. **Understand that self-care matters – if you don't prioritise it, it won't happen!**
2. **Get enough sleep** – almost everything is harder if you are tired
3. **Eat some healthy food.** A bit of junk's fine, but you need nutrients too!
4. **Remember to stay hydrated**
5. **Gentle exercise** – vacuum to music, go for a walk, do some stretches...
6. **Do something FUN!** 😊
7. **Plan a day off** (e.g. "Pyjama Day" or a take a short "holiday at home")
8. **Keep in touch with family & friends** – good connections improve mental health
9. **Find an outlet:** journaling, art, sport, music, yoga, singing, going to footy, church
10. **Consider trying mindfulness meditation** – research shows it helps!
11. **Listen to your body** – if you're physically unwell you need rest!
12. **Recognise when these aren't enough, it's okay to ask for help (even for 'helpers')**

