

WELLBEING ISSUE 4
Challenge #4 SELF-CARE

TAKE
CARE
OF
YOURSELF



OEG Challenge #4 SELF-CARE

One of the hardest things at the moment is remembering to look after ourselves, whilst we are busy making sure everyone else is OK. The Take Notice element of the Five Ways to wellbeing includes allowing time to reflect on ourselves.

“Self-care is action around our physical, emotional, relational, perhaps professional, educational, and, for some people, spiritual well-being that reflects the way that we take care of ourselves on the most fundamental levels.” (Helen L. Coons, PhD, clinical health psychologist). Self-care is not about being selfish, its about realising that we can only do our best for others if we feel good ourselves. There are five aspects of self-care linked to the various aspects of our lives.

These are;

- Relationships
- Physical
- Psychological
- Emotional
- Spiritual
- Workplace or professional

These link closely to our Five Ways to Wellbeing. This week's challenge is to make sure you take some time, just for you. The 'give' part this week is about giving time to yourself!



SIMPLE SELF CARE



This week's challenge is to develop a self-care plan, you'll find a planner on the next page. It would be great to see everyone's ideas of what you already do or plan to do. Self-care can be really simple; some ideas here for you.

One of my favourite things is to listen to music or go for a walk with my dog. Obviously, a little bit limited on walking at the moment, but I'm settling for cuddles with him instead.

I've also been looking at and sharing old childhood photos with family. It's given us all a good laugh and brought back some really nice memories.



**ENJOY THIS CHALLENGE
LOOK FORWARD TO SEEING
YOUR IDEAS.**

SELF-CARE PLAN - This is an interactive planner, just click on the boxes to input text.

PHYSICAL

PSYCHOLOGICAL

EMOTIONAL

SPIRITUAL

RELATIONSHIPS

WORKPLACE

OVERALL BALANCE

WHAT MIGHT GET IN THE WAY?

WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?

IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?