

# Self-Care Guide

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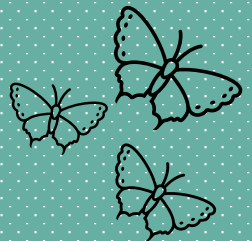
SELF-CARE PRACTICES TO  
MAINTAIN WELLBEING






# Self-Care Guide

You are your  
No. 1 Priority



The image features a central teal rounded rectangle containing text. It is surrounded by decorative black line art including swirling vines with leaves and small white flowers. Three butterflies are positioned at the top right of the teal box. The text is centered within the teal area.

...“If you feel **“burnout”** setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and **restore** yourself”.

- Dalai Lama

When you feel down, give yourself permission to experience those gloomy emotions, without feeling guilty about that decision.

Let your feelings out and allow yourself to vent in a healthy way. Those emotions are there for a reason, so don't disregard them.



Crying is not just ok, but necessary! Tears release built up stress chemicals and also contain a sedative quality. Let them flow.

Be kind to yourself and listen carefully to the messages you are telling yourself.

Set a date and time to stop this release from spiralling. This should correspond to your personal requirements.... Say 3pm, in 3 days

Make a list of things to help you get back on track – Your thoughts can help to control your feelings!





## Physical health ...

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- There is a link between your body and your mind - fuelling your body properly, with as many healthy and nutritious options available to you, helps to stop you from feeling worse in the long run.
- Stay hydrated - water drives our chemical reactions, so it will help to get things back in balance a bit faster. Make sure you get your required glasses of water each day.
- Sleep as much as you need. Your body is smart and it knows what is required. It is essential to let your mind rest and restore to recover your sense of self. Sleep is a healer.



## Exercise and breathing...

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- Try to do some form of movement, anything is better than nothing. Engaging in physical activity, will start to increase the rate of chemical production needed, to help make you feel better.
- Walking in nature is known for its restorative properties. While your body gets to move a bit, your restless mind will steadily begin to ease.
- Practice breathing slowly and deeply, taking in air through your nose, holding for 10 seconds and releasing it slowly. This technique sends a message to your brain to help you calm down and relax.
- Don't get discouraged - There is magic in small steps – try to just put one foot in front of the other and then repeat.





## Finding a simple purpose...

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- Try to find a meaningful activity, however small, which gives you a sense of contentment, especially when you're feeling low.
- Water the garden, get some sunshine on a good weather day, read some inspirational quotes, maybe even do a crossword.
- Develop a simple routine, to keep you from dropping down too low on the emotional scale.
- Finding a purpose will help to give you a sense of hope and achievement, giving you a lift to help you up when you are feeling really down.





## Talk it out...

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- Share your thoughts and feelings with someone you trust. This can help you to put things into more perspective.
- It also allows you to release the pent up feelings and helps you to feel lighter, as well as giving you a sense of more control.
- If you are worried that you are wallowing in your despair and becoming too isolated, try as far as possible, to reach out and keep in touch with your family or friends.
- Maintain healthy support networks to turn to when your soul needs some nourishment and restoration.
- Don't forget that there are always organizations dedicated to helping those who are going through a rough time. Make sure to get your local number.









## But limit tech...

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- Take plenty breaks to calm your mind – being constantly connected keeps you “ON”
- Overwhelm, can creep in quickly when faced with all the tons of social media content.
- Then there are some posts – for example - when you see everybody else “living their best lives...” which can add to your sense of despair.
- Put your phone on silent for a while, switch off your computer - Overstimulation leads to more anxiety.
- Silence is such a blessing when you need some down time and can give you some clarity.





## Take a long bubble bath...

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- Hot bubble baths, are like a balm to ease your tattered emotions, assisting in relaxing muscles and allowing you to breathe easier and feel calmer.
- Pleasant fragrances and aromas are a subtle delight to the senses and help to uplift your experience and elevate your mood.
- Soaking in the tub, melts your cares away for a bit. Your experience in water changes your brain waves to a different state, allowing an opportunity for a renewed mindset.



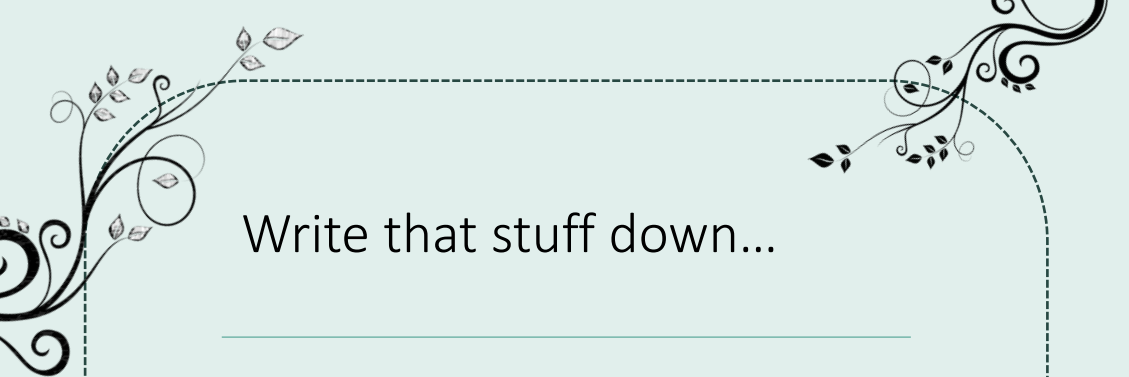


## Have a cup of tea...

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- The process of making tea can be a beautiful and calming ritual – the preparation, pouring and sipping, can be similar to meditation.
- Focussing on this simple act brings you into the present and fosters a sense of self awareness in the moment.
- Tea is loaded with properties to lower the levels of stress hormones.
- Chamomile tea is well know for its calming properties.





Write that stuff down...

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- Writing gives clarity to an overwhelmed and confused mind.
- It helps to put some things in perspective and sometimes those things seem less of a big deal when put onto paper.
- Putting pen to paper gives you a chance to pour out your heart without fear of judgement from others.
- Give it a try!




## Micro-lifts every so often...

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- Give yourself small rewards during the day, to lift your mood and spirit.
- Cuddle into your favourite cosy blanket and soft cushions.
- Allow yourself to indulge for just a bit. Eat and enjoy that delicious treat. Watch your favourite shows. You deserve it!
- Listen to some upbeat music, it can actually improve your mood.
- Take in all the comedy you can handle. Humour is known to increase the feel-good chemicals in the brain.
- Treat yourself to splurges every so often – if a relaxing body massage, having beauty treatments or a shopping spree give you some pleasure then do it.
- Life is short, so do what you can to make you happy.





If you feel unsure, angry  
overwhelmed, frustrated,  
blank, miserable, tired, broken  
or worthless.

And you can't face anything  
else...

**Try to just take  
one small  
step...**





And lastly.....

“Many **fears** are born of  
fatigue and loneliness.

Beyond a wholesome discipline,  
Be **gentle** with yourself.”

Excerpt from the  
“Desiderata”  
by Max Ehrmann, 1927



# Self-Care

## PRACTICES

A collection of self-care instructions to practice daily or whenever your weary soul needs a rest.

For those times when you just need some personal care and restoration.

