

Self-care

Self-care is an important part of daily life, but it's often the first thing that gets sacrificed when life is busy and stressful. People often think that taking the time for themselves seems self-indulgent but looking after your own well-being will help you care for others.

Prioritising self-care is akin to putting on your own oxygen mask before assisting others on an aeroplane – it's essential for our own health and resilience, ultimately enabling us to lead more balanced and fulfilling lives.

Use the checklist below to assess your own self-care and reflect on ways you can lead a more balanced and healthy life.

What is self-care?

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and well-being.

Self-care helps to prevent stress and anxiety:

By incorporating self-care activities into your regular routine, like going for a walk or socialising with friends, you give your body and mind time to rest, reset, and rejuvenate, so you can avoid or reduce the symptoms of stress and anxiety.

Self-care makes you more effective:

When you take the time for yourself and give your body the food, rest and activity it needs, you will actually have more energy to meet the demands of daily life. Bringing more balance to your daily routine will help you be more productive and more resilient to the stressors.



The self-care check in

SPIRITUAL SELF CARE	1-5
Make time for prayer, meditation, reflections	
Spend time in nature	
Participate in a spiritual gathering community or group	
Be open to inspiration	
Cherish your optimism and hope	
Be aware of intangible (non material) aspects of life	
Be open to mystery, not knowing	
Identify what is meaningful to you and notice its place in your life	
Sing	
Express gratitude	
Celebrate milestones with rituals that are meaningful to you	
Nurture others	
Have awe-inspiring experiences	
Contribute to or participate in causes you believe in	
Make time for self reflection	
Write in a journal	

INTELLECTUAL SELF CARE	1-5
Challenge yourself to learn a new skill	
Visit new places such as museum, performance, sports event, or other cultural event	
Engage in mind stimulating activities such as crossword puzzles, sudoku, cross stitching	
Be curious	
Read/Listen inspirational literature	
Listen to inspiring music or podcasts	
Engage in creative activities	
Enroll and attend workshops/seminars/online courses	
Share your knowledge with others through teaching/mentoring	
Organise and schedule your time appropriately to allow time to stop and reflect	

When completing your evaluation 1 = never and 5 = always

The self-care check in

SOCIAL SELF CARE	1-5
Let others know different aspects of you	
Spend time with others whose company you enjoy	
Stay in contact with important people in your lifes	
Setting healthy boundaries in your relationship	
Participating in social groups or clubs related to your interests	
Taking breaks from social media	
Performing random acts of kindness	
Reflecting on the quality of your social connections	
Celebrating/Acknowledging milestones with important people in your life	

EMOTIONAL SELF CARE	1-5
Go to see a psychologist or counsellor	
Say no to extra responsibilities	
Take a step to decrease stress in your life	
Practice receiving from others	
Notice your inner experience - your dreams, thoughts, imagery and feelings	
Treat yourself kindly (supportive inner dialogue or self talk)	
Feel proud of yourself	
Re-read favourite books, re watch favourite movies	
Identifying comforting activities, objects, people, relationships, places and seek them out	
Allow yourself to cry	
Find things that make you laugh	
Express your outrage in a constructive way	
Play with children	

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PHYSICAL SELF CARE	1-5
Eat regularly	
Eat healthy	
Exercise, or go to the gym	
Lifts weights	
Get regular medical care for prevention	
Get medical care when needed	
Take time off when sick	
Get massages or other body work	
Do physical activity that is fun for you	
Take time to be sexual with you, with a partner	
Get enough sleep	
Wear clothes you like	
Take vacations	
Take day trips, or mini vacations	

FINANCIAL SELF CARE	1-5
Tracking income and expenses	
Staying within your budget	
Setting clear and achievable financial goals	
Building and maintaining an emergency fund	
Investing time to educate yourself about personal finance	
If you have debt, creating a plan to pay it off	
Having a filing system for receipts/invoices to assist with tax time	
Automate your finances where necessary	

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The self-care check in

WORKPLACE/PROFESSIONAL SELF CARE	1-5
Take time to eat lunch	
Take time to chat with co-workers	
Make time to complete tasks	
Identify projects or tasks that are exciting, growth promoting and rewarding for you	
Set limits with clients and colleagues	
Balance your caseload, so no one day is too much	
Arrange your workspace so it is comfortable and comforting	
Get regular supervision or consultation	
Negotiate for your needs (benefits, pay rise)	

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Reflect, Examine, Replace

Remember just because it's been done this way before, doesn't mean that it needs to continue this way.

	Spiritual	Intellectual	Social	Emotional	Physical/ Nutritional	Financial
What currently energises me?						
What saps my energy?						
What would help to energise me more?						
What holds me back from doing the things that would help energise me more?						