



## What is Self-Care?

It is the practice of taking an active role in protecting, nurturing and preserving your own physical and emotional well-being and happiness.

We can use the analogy of a layered lemon cake with the base layer being self-care and all the other layers on top of it represent everything else such as kids, family, mob, relationships, health and business. So if you don't maintain the integrity of the bottom layer of the lemon cake (your self-care) then everything else will tumble down.

### What are the different types of self-care?

- Workplace or professional
- Physical
- Psychological (Mental)
- Emotional
- Spiritual
- Relationships



### How can you balance the running of your business, looking after family and yourself?

Taking care of yourself means taking care of your business. Our lives are often a juggling act with everything/one else taking top priority over ourselves and we get caught up in the 'busyness of life. This cycle can lead to lack of energy, ill-health or frustration as we never seem to have the opportunity to lock in some 'ME time'.

A good strategy to address this is to get up earlier than your normal wake-up time and book in 30 minutes for YOU before your world starts buzzing – set this time as a date for self. It's a wonderful time for prayer or meditation and clearing your mind for the day ahead.

### What is emotional health and well-being?

Emotional health describes how we think, feel and relate to ourselves and others and how we interpret the world around us. Having good emotional health affects our capacity to manage, communicate, form and sustain relationships.

Emotional well-being means feeling good – being happy and experiencing positive emotions like love, joy and feeling quite satisfied with life. Did you know that research has shown that optimism and positive emotions can reduce the risk of a heart attack by up to 50%? Well-being is as good for heart health and provides as much protection from coronary heart disease as quitting smoking does.

### What activities do you like to do to unwind?

We are all diverse creatures who have different ways of chilling out to re-charge our batteries. You may like to go out on country and relax in nature; play, write, listen or dance to music, go to concerts or watch a movie, socialise with your friends, exercise, family time, have some pamper time, go on a holiday. The list is endless....

**Health Tip:** It has been proven through research that placing sliced lemons next to your bed at night can help improve respiratory concerns, air quality and sleep.



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## YOUR SELF-CARE GUIDE

### *Physical*

Embrace healthier eating habits – reduce sugar intake.  
Get your body moving on a regular basis – walk, dance, gym, stretching or yoga.  
Pamper sessions such as spa, massage, getting your nails done, facials, going to the hairdresser, taking a long bath. Walking, fishing, hunting in country.



### *Mental*

It's ok to say 'NO' to others demanding your time.  
Set clear boundaries.  
Practice receiving compliments from others – we are too quick to deflect them – that's disrespectful to the giver.  
Make time for self-reflection – write in your journal, lyrics, poetry.  
Acknowledge your feelings/thoughts.



### *Emotional*

Embrace more laughter, joy, music into your life. Compliment yourself – mirror work is a good tool for this but can be quite confronting.  
Write on your mirror in lipstick 'I am enough!'  
Allow yourself to cry if you are sad. Yell into a pillow if angry, frustrated.  
There's no shame to seek professional help when you need to.



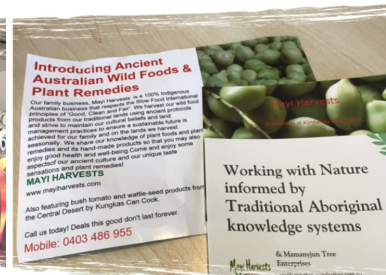
### *Spiritual*

Relationship with God or different faiths.  
It is getting in touch with your human spirit and soul. Volunteering, donations to different causes.  
Prayer, meditation, devotional time, singing praise/worship.  
Fellowship/connection with kindred people.  
Identify what sings to your soul.  
Take a walk in nature to re-connect with soul/spirit.



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## YOUR SELF-CARE GUIDE

### *Relationships*

- Take the time out for you to recharge or think.
- Be honest with yourself about what's working/not in your relationships.
- Don't be a doormat – set healthy boundaries/ be respectful.
- Create new relationships with people who have similar interests.
- Replace toxic relationships – surround yourself with a positive cheer squad.
- Take the time to work through and heal old wounds.



### *Business*

- Taking mini 5-10 min breaks.
- Yarn with other business women/co-workers.
- Go for a lunch-time walk.
- Create a workspace to your liking, put plants in this space – they improve the air quality, reduce stress levels and promote creativity.



### *What Barriers might get in the way?*

- Guilt for taking time out
- Family or mob making demands – putting others needs first
- Lack of time/money/motivation
- Making changes can be challenging
- YOU.



### *What negative strategies do you need to avoid?*

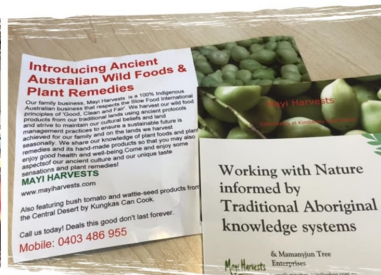
- Burnout – exercising/working to the extreme
- Substance dependencies – alcohol, social drug use
- Negative mindset – I can't do it, I don't have the time, nothing will change
- Giving yourself a hard time for not doing or overdoing things in your life.





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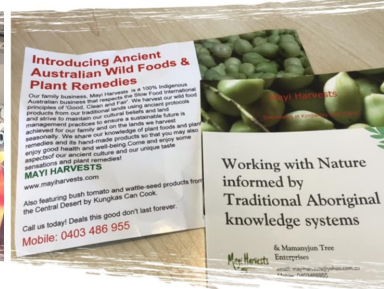
## Self-Care Reflections

Physical	Mental
Emotional	Spiritual
Relationships	Business
What barriers might get in the way?	
What negative strategies do you need to avoid?	
How will you implement this plan?	



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## *How will you implement this plan?*

Step-by-step on a consistent basis.

Surround yourself with a positive support team who want the very best for you.

Review your plan on a weekly/monthly basis – life does throw curve balls so be flexible.

Enjoy the journey!



## *Write a Positive Statement about Self-Care...*

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Useful website links:

<https://nit.com.au/six-tips-to-start-your-self-care-journey/>

<https://headspace.org.au/friends-and-family/self-care-for-family-and-friends/>

<https://www.beyondblue.org.au/personal-best/topics/self-care>

<https://lifeinmind.org.au/research/self-care>

*Self-care is a gift that you can give to yourself and others!*