

Caring for Yourself Well & Increasing Awareness

LIVING WELL – JULY 2021

Self-care means taking care of yourself so you can be truly healthy and well - enabling you to do your job well, help and care for others well, and do all the things you need and want to accomplish every day well. Self-care is not selfish or self-indulgent, it is vital for our physical, emotional and mental wellness.

Over the last five years, interest in self-care has intensified as we are living with an epidemic of anxiety, depression and stress. It is the pressure of trying to keep up with the pace

of daily life, which technology has only accelerated, that is causing many of us to be unable to unwind and slow down, which leads to feeling anxious and overwhelmed by even the simplest task.

Self-care starts with good hygiene and nutrition and continues with what you need to do to manage stressors in your life and take care of your own health and well-being. While the steps towards self-care will look different for each of us, there are three main elements:



Emotional Self-Care

Practice positive 'self-talk', give yourself permission to take a break, plan weekly 'me time', and when possible say no to things that cause you unnecessary stress.



Spiritual Self-Care

Practice mindfulness – focus on the present, spend time in nature, take time for inner-reflection, mediate and incorporate regular acts of kindness into your day.



Physical Self-Care

Prioritize sleep, create a manageable exercise routine that you can maintain, and choose healthy and nourishing foods that you enjoy.

“

Self-care is giving the world the best of you, instead of what's left of you.

Life is hard enough, be kind to yourself. Don't punish yourself for forgetting or not having time to do something. Here are some ways to get started on your path to self-care:

- ✓ **Know your worth** as you and your needs are just as important as anyone else's.
- ✓ Develop a healthy work-life balance by **setting boundaries** to ensure that you will be focused and motivated throughout the workday and can transition to your 'life' when the workday ends.
- ✓ **Declutter** your home and workspace as it will help make you feel calmer and more in control.
- ✓ Wear **clothes** and **accessories** that express how you feel and lift your mood.
- ✓ **Kindness is a choice** so choose to be a positive influence on others and it will boost your mental health and self-esteem.
- ✓ **Unplug** by deliberately taking a break from email, texts, and social media to just relax and recharge your brain.
- ✓ Laugh more, be silly and **have fun**.
- ✓ Listen to music, sing, dance around the house – feel the joy of being **in the moment**.
- ✓ **Lose yourself in a book** - reading is really good for our mental health as it keeps our mind sharp, open, and more creative.
- ✓ When you feel burnout setting in, if you feel demoralized and exhausted, it is best that you withdraw to **recharge yourself**. An empty 'tank' will not get you anywhere.

We all have responsibilities in life, and it is important to remember that taking care of yourself should be your biggest responsibility. We each need to work on creating lasting self-care that will have a permanent and positive affect on our wellness. Always remember the safety instructions given on an airplane - 'put your own oxygen mask on first, then help others' - that is the key to self-care.

Your Benefits. Your Way.®

MYJRPCA | 1 855 937 3577