

Importance of Self-Care

Self-care is the activities we engage in to look after and care for ourselves.

It is something that many tend to not consider in their day-to-day lives and see it as a less essential and urgent factor of life. However, self-care is crucial not just for your mental well-being, but for your emotional and physical well-being, therefore it shouldn't be neglected. It can be seen as important and beneficial for a number of reasons:

- Stress management - self-care can reduce the negative effects of stress by boosting your energy levels and improving your mood, which in turn allows you to return to the reality of your life feeling refreshed and relaxed.
- Helps you to maintain a healthy relationship with yourself and can help you understand yourself a lot better.
- Better productivity - self-care can help turn your goals into sharper focus and helps you concentrate on what you're doing.
- Better physical health - self-care can result in less stress which ultimately leads to a stronger immune system which can help you feel more physically able.
- Avoids burnout - self-care can help prevent pushing yourself to the point of being burnt out, but instead can encourage pacing yourself.
- Increase self-esteem - self-care can help filter out negative thoughts and increase positive thoughts which can result in you being kinder to yourself.

Self-care Tips

Everyone displays care for themselves in different ways, but here are a few small, but important self-care habits you can implement to improve your overall health:

- Get enough sleep - 7-8 hours of sleep every night gives your body time to rest and renew. Daytime naps are also great for refreshing your body and improving concentration levels.
- Eat well - this is a major part of your self-care as the foods you eat can ultimately impact your energy, mood and productivity levels therefore it is important to consume nutritious foods.
- Exercise regularly - go for a run or walk.
- Meditate or do deep breathing for a few minutes, this can help produce a sense of calmness.
- Stretch - spending 5-10 minutes to get out the kinks helps your mind and body.
- Start a journal.

Self-care Tips

- Have a long, relaxing bath or shower.
- Watch a movie or read a book that is uplifting or that you enjoy.
- Learn something new, i.e research something that you're interested in.
- Spend some time de-cluttering - this can help to have an environment that feels good to you.
- Write or paint something that lets out your creative energy.
- If you find your self-care and stress levels difficult to manage, you might consider speaking to a professional who can help - New View Psychology can help support you.

Support/Resources

Sometimes things can get too overwhelming, even if you've been practicing self-care...

New View Psychology can support you in managing your health and wellbeing. For more information about mental health support contact our EAP Manager via email or phone 0451 977 708.

Additional support/resources:

- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636

For immediate support please contact us on 1300 830 687

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