

Self-Care Ideas

Self-care can mean many things. At its heart, it is about looking after yourself. When you are struggling, this can mean many things, from the basics of having a warm shower and putting on your favourite clothes, or making your body cosy, to treating yourself to a massage or a relaxing weekend. I hope you find some useful ideas here:

Looking After yourself

- Drink water
- Take care of yourself – even simple things, have a shower, brush your teeth, do your hair, wear your favourite clothes.
- Eat well – eat regularly with a balanced diet
- Have a long relaxing bath

Health and Fitness

- Prioritise your health and fitness
- Prioritise time for Exercise/Sport that you enjoy
- Go for a Walk /Run/Jog
- Stretch and move your body

Fresh Air and Nature

- Get outside daily, even just on your doorstep (sunlight and fresh air helps)
- Spend time in nature – woods, park, any green area near you
- Spend time in the garden or local park/nature spot

Getting tasks done

- Make your bed every morning, and keep your bedroom tidy so you have a calm comfortable space to get into at the end of the day
- Sort out/Organise any clutter
- Tidy your room/house
- Make a to do list of things you've avoided and slowly begin to work through it

Be in the moment

- Learn and practice some breathing exercises
- Learn some grounding exercises to use when overwhelmed
- Learn and practice mindfulness
- Learn and practice relaxation exercises
- Use relaxing scents – a favourite candle, a scent stick essential oils
- Have a relaxing bath
- Listen to relaxing music
- Turn your phone off
- Take time off social media

Spirituality

- Spend time in religious or spiritual activity that is meaningful for you
- Learn and practice journaling every day
- Do some yoga
- Learn and practice meditation

Social Connection

- Connect with friends, family, partner
- Go on a date
- Get a hug from a loved one
- Spend time in company with others
- Take part in social activities with others

Do things that makes you smile, and that you enjoy

- Find something that makes you laugh
- Read an enjoyable book (can be fiction or non-fiction, just what interests you).
- Do something creative , art, paint, draw, play music , dance
- Take up a new hobby – photography, art, dance, lego, anything!
- Play your favourite music or listen to your favourite podcast
- Meet your own sexual needs
- Watch your favourite movie or TV show
- Cook your favourite foods
- Have a kitchen disco
- Cuddle a pet
- Buy a shower radio and play your favourite music in the shower

Be Kind to Yourself

- Give yourself permission to take time off, an hour, an evening, a day, a weekend, a week
- Give your self-permission to rest
- Have boundaries – know when you need to put them in place
- Practise self-compassion
- Buy yourself some flowers
- Say NO when and if you need
- Talk to yourself kindly and quieten any self-criticism
- Let yourself have a lie in if you need it and you can
- Do something for you, to prioritise your needs
- Create a mental health first aid kit

Seeking or Accepting Support

- Ask for help
- Accept help when offered from friends or family or seek help from professionals/organisations (e.g. childcare/home tasks/ bills/ organisation)
- See a counsellor/therapist/psychologist (see chapter 9 for more information)
- Consider medication if appropriate