Handbook: Self Care

Adult survival skill series

STRESS

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*It's real & detrimental

*It comes from everywhere

*Others put stress on us

*We put stress on ourselves

How do we stop stress from hurting us?

"Self-care is not selfish. You cannot serve from an empty vessel." -Eleanor Brownn

Self care.

Think about the way you might take care of a family member, friend, or pet when he or she is sad, sick, hurting, or stressed.

Would you do those same things for yourself? If not, it's time to think seriously about building a self-care routine.

When to practice self-care

*When you're feeling stressed, anxious, or unmotivated (especially if you don't know why)

*When you're not feeling physically well

*After you've experienced something difficult or traumatic

*When you feel that other people/forces are controlling your life more than you are

*As a regular part of your life to maintain your health

Physical aspects of self-care

Sleep/rest- Get enough sleep. Make yourself comfortable.

Exercise- Move. Your physical self and mental self are connected. Join a class at a gym, go for a walk, dance in your room.

Nutrition- Eat regularly, hydrate, pick wholesome foods

Comfort- Keep yourself warm or cool enough for the conditions you're in! Take a long shower! Moisturize! Be nice to your body!

Don't let pressures derail your well-being

PROTECT THIS HOUSE.®
I WILL.

If you don't yet know how to say NO, learn how. You can't be everything to everyone. You can't do all the things. You can't compromise your values or health for the sake of someone else's expectations. Practice your response--and repeating it. Some favorites: "I'm sorry, but I can't agree to that right now."

"Sorry, I'm already booked."   "I'm not interested, but thanks."

"Sorry, but the answer is no."   "I'm just not comfortable with that."

"I have to look out for my well-being right now, and that's not a good choice for me."

Mental/Emotional Self-Care

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*Make time for things that relax you! What is it for you? Chilling with your dog? Coloring? A little Netflix time? Writing? Reading? Playing video games? Spending time with an old friend? These things are NOT wasting time. They things are extremely important to make time for--your brain and psyche need time to refuel or you will burn out!

*Cut yourself off from social media from time to time. This might be certain times of day each day, or multi-day fasts. (If that sounds impossible, it's an indication that you need to do it *even more*. Social media obsession fuels anxiety. Do not binge on it.)

Environment

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*Studies show that looking at/being in places of natural beauty rewires our brain to be less stressed out and more creative. Go stare at the lake.

*Keep your own spaces organized and clean--even though cleaning can be initially stressful, you will feel restored when your environment is peaceful instead of chaotic.

Self-talk (Don't let your inner critic be a jerk)

Be nice to yourself in your brain. Do you tend to call yourself an idiot when you do something wrong? Is there an overly sarcastic narrator in your thought process? (Ex: "Wow, Bob… real original response there. I'm sure everyone is SO interested in what you're saying.")

Not cool! If you wouldn't let someone talk to your mom or your friend that way, you certainly shouldn't talk to yourself that way! Practice being kind in your comments to yourself. (Ex: "Well, what I tried to say didn't come out right, but hey--I tried! I actually spoke up in class. Good job me. I'll do better next time.")