

Mindful about Mental Health.

Self-care

Self-care is the practice of taking actions to nurture your physical, mental, and emotional well-being and it's essential for maintaining a healthy and balanced life.



It is important to prioritizing self-care because it helps reduce stress, improve mental health, enhance resilience, and boost overall well-being. It's not a luxury, but a necessity for a fulfilling life. **According to the NHS**, self-care is consciously doing things that preserve or improve your mental or physical health.

We lead increasingly busy lives and it can be easy to forget to put yourself first, especially if you have multiple responsibilities and other people to care for. But looking after yourself will make you feel better, and the better you feel, the better you will be in all areas of your life including work and relationships.

Self-care doesn't have to involve a huge time commitment and it doesn't have to cost the earth. It could be taking a warm bath, relaxing with a good book, taking a walk outside or eating your favourite food. It's about making a commitment to putting yourself first, even just for a while.

10 easy ways to practice self-care without spending money

Here are some of our top tips for self-care that won't break the bank:

- Get a good night's sleep
- Drink lots of water
- Go for a brisk walk
- Take a relaxing bath
- Say no to something you don't want to do
- Listen to your favourite music
- Watch your favourite film
- Make something healthy yet delicious for dinner
- Make a list of five or more things you like about yourself
- Spend time with loved ones

Here is a link to Mind website where you'll find an article on 'learning to focus on self-care'

<https://www.mind.org.uk/information-support/your-stories/how-i-learnt-to-focus-on-self-care/>

I have attached a self-care tracker for you to print off for your fridge freezer to monitor just how much self-care you give yourself. This could work as a family plan too! Have a go!

Always here and happy to help,

Ms Winterton x

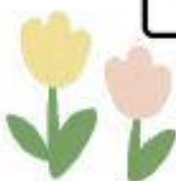


MY DAILY SELF CARE TRACKER

Shade, tick or place a sticker on an activity as you complete it.
Doing these activities daily can help us feel calm and healthy.



Activity	S	M	T	W	T	F	S
Sleep	☐	☐	☐	☐	☐	☐	☐
Drink water	☐	☐	☐	☐	☐	☐	☐
Eat fruit	☐	☐	☐	☐	☐	☐	☐
Cuddle someone I love	☐	☐	☐	☐	☐	☐	☐
Learn something new	☐	☐	☐	☐	☐	☐	☐
Do something active	☐	☐	☐	☐	☐	☐	☐
Mindfulness	☐	☐	☐	☐	☐	☐	☐
Have some quiet time	☐	☐	☐	☐	☐	☐	☐
Read a book	☐	☐	☐	☐	☐	☐	☐
Say thank you	☐	☐	☐	☐	☐	☐	☐
Speak about something that is bothering me	☐	☐	☐	☐	☐	☐	☐



Thank
you!