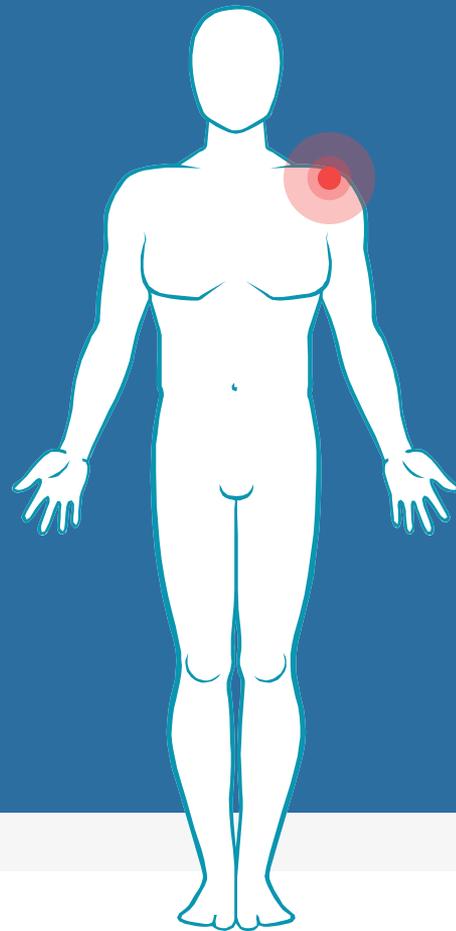


# On-Call

## 103: Digital Toolkit of Health Literacy Resources

Self-treatment strategies



# IN THIS PRESENTATION YOU WILL LEARN

- ▶ What is Self-care
- ▶ Types of self-care
- ▶ How develop Your Self-Care Plan



# SELF-CARE

- ▶ Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.



## PHYSICAL SELF-CARE

- ▶ You need to take care of your body if you want it to run efficiently. Keep in mind that there's a strong connection between your body and your mind. When you're caring for your body, you'll think and feel better too.

Physical self-care includes how you're fuelling your body, how much sleep you're getting, how much physical activity you are doing, and how well you're caring for your physical needs.



## SOCIAL SELF-CARE

- ▶ Socialization is key to self-care. Close connections are important to your well-being. The best way to cultivate and maintain close relationships is to put time and energy into building your relationships with others. There isn't a certain number of hours you should devote to your friends or work on your relationships. Everyone has slightly different social needs



## MENTAL SELF-CARE

- ▶ Mental self-care includes doing things that keep your mind sharp, like puzzles, or learning about a subject that fascinates you. You might find reading books watching movies that inspire you fuels your mind.
- ▶ Mental self-care also involves doing things that help you stay mentally healthy.



# Spiritual Self-Care

- ▶ Research shows that a lifestyle including religion or spirituality is generally a healthier lifestyle. Nurturing your spirit, however, doesn't have to involve religion. It can involve anything that helps you develop a deeper sense of meaning, understanding, or connection with the universe. Whether you enjoy meditation, attending a religious service, or praying, spiritual self-care is important.



## Emotional Self-Care

- ▶ Emotional self-care may include activities that help you acknowledge and express your feelings on a regular basis.
- ▶ Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions.



# 1

## Develop Your Self-Care Plan



Self-care isn't a one-size-fits-all strategy. Your self-care plan will need to be customized to your needs.

You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.



# 2

## Schedule your time

Then, schedule time to focus on your needs. Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.



## Other ways to take care of yourself





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