

A BEGINNERS GUIDE TO SELF CARE

 @BELIEVEPHQ



1 Take time out of your day to look after your physical, mental and emotional wellbeing



2 Find activities that give you a sense of pleasure, achievement, enjoyment and connectedness



3 Take care of your sleep. Develop a good sleep environment and try to get between 7-9hrs sleep a night



4 Engage in activities that you enjoy and make you happy



5 Try and stay active when you can. Exercise regularly throughout the week



6 Connect with others to boost your social wellbeing



7 Stay in the present moment. Focus on the here and now



8 Maintain a well balanced diet



9 Make sure you are taking breaks at work and getting enough rest and recovery throughout the week



10 Take time each day to work on your mental health (E.g worry time, thought challenging)



11 Be kind to yourself. Know when to say no and when to really look after your own wellbeing



12 Spend a moment engaging all your senses with an activity you are doing



13 Don't be afraid to talk to people about your emotions, thoughts and feelings



14 Be yourself and do things which have meaning and importance to you



15 Spend time working on values which are important to you

