



Self-Care

“Health is more than the absence of disease. Health is really about wellness and a capacity to thrive”
- Arianna Huffington.

Self-care is the holistic and self-directed practice of taking action to preserve or improve one's own health, well-being and happiness. Self-care honors our needs in relation to mind, body and spirit.

Self-care is a practice deeply grounded in concepts of connection – connection to self and social identity. Connection to family, friends, community, the wider society and the environment and is symbiotic in nature.

Self-care incorporates all aspects of our lives, across these ten key domains:

- Mental health
- Emotional health
- Physical health
- Social health
- Spiritual health
- Identity
- Professional health
- Space / home environment
- Financial
- Environmental

Why is self-care important

“Self-care is how you take your power back”
- Lalah Delia

Self-care is an important preventative measure against psychological distress and the development of mental and physical health issues and disorders.

Self-care helps us to effectively manage stress in our lives and prevent anxiety, burnout, depression and compassion fatigue.

Self-care is about giving your mind and body the nourishment, rest, and activity it needs. Finding time to prioritise your self-care and focus on things that matter to you (joy, connection, creativity, moving your body, spending time in nature) will help you feel nourished and fulfilled and help you create a buffer against life's challenges and stressors.

Self-care helps us give back to ourselves, helps to replenish and rejuvenate us which allows us to show up whole heartedly for all the roles and relationships we manage in our lives.

There is this idea out there that self-care is indulgent, selfish or just about pampering yourself. This is simply not true. Self-care is the most important commitment you can make to yourself.

Engaging in self-care is actually a powerful way for us to be role models to our children, partners, families, friends, and community by demonstrating that our wellbeing and needs are important. Engaging in self-care will have a positive flow on effect of shifting stigma around mental health and changing the conversation.

Self-care helps us to develop self-awareness, resilience and self-efficacy



Through self-care practices we gain better self-awareness; we learn to recognise our emotional states more effectively and identify signs of stress. We become masters of both knowing and communicating what we need to combat stress and stay well in our mind, body and spirit.

Self-awareness is central to developing emotional intelligence and resilience. It is also the first step in being able to effectively manage our health and wellbeing.

Self-care boosts our self-esteem

When we spend time focusing on our self-care, we become attuned to our strengths, our values, our preferences, what makes us happy, calm and grounded. The more time we spend living true to the things that are important to us the better we feel about our self.

Engaging Young People in Self-Care

We believe you are never too young to start learning about and practicing self-care. Its particularly helpful for young people to learn about these concepts and start practicing self-care early as they will learn the knowledge and skills, they'll need to successfully manage their own health and wellbeing as they get older.

Self-care is a great introduction for young people to start to learn self-awareness. Self-care helps them identify their emotions and find ways to process and express their emotions and needs in a healthy way.

Engaging young people in conversation about self-care will also help to destigmatize mental and emotional health and create a space where young people feel safe and confident to talk about their mental and emotional health.

Developing a Self-Care Plan

Just like in every other aspect of our lives planning for our self-care can be really helpful to help us stay focused, identify our current coping strategies and what helps us manage stress.

See our website www.centreself.com.au to access a free copy of our self-care plan to help get you started on your self-care journey today.

Useful websites

- Centre Self Collective <https://centreself.com.au/>
- My Digital Health <https://www.mydigitalhealth.org.au/>
- Beyond Blue <https://www.beyondblue.org.au/>
- Blue Knot Foundation <https://blueknot.org.au/>
- Sane Australia <https://www.sane.org/>