



A Beginner's Guide to Self-Care

WAYS TO ENGAGE IN SELF-CARE

Self-care helps improve overall health

**Take care of yourself by doing things you
enjoy so you can remain physically,
mentally, and emotionally healthy for the
rest of your life.**



The topics we will be discussing:



What is self-care?

The benefits of self-care.

Common self-care myths.

Practicing self-care.

Get to know about self- care

Self-care is taking steps to tend to your physical and emotional health needs to the best of your ability.

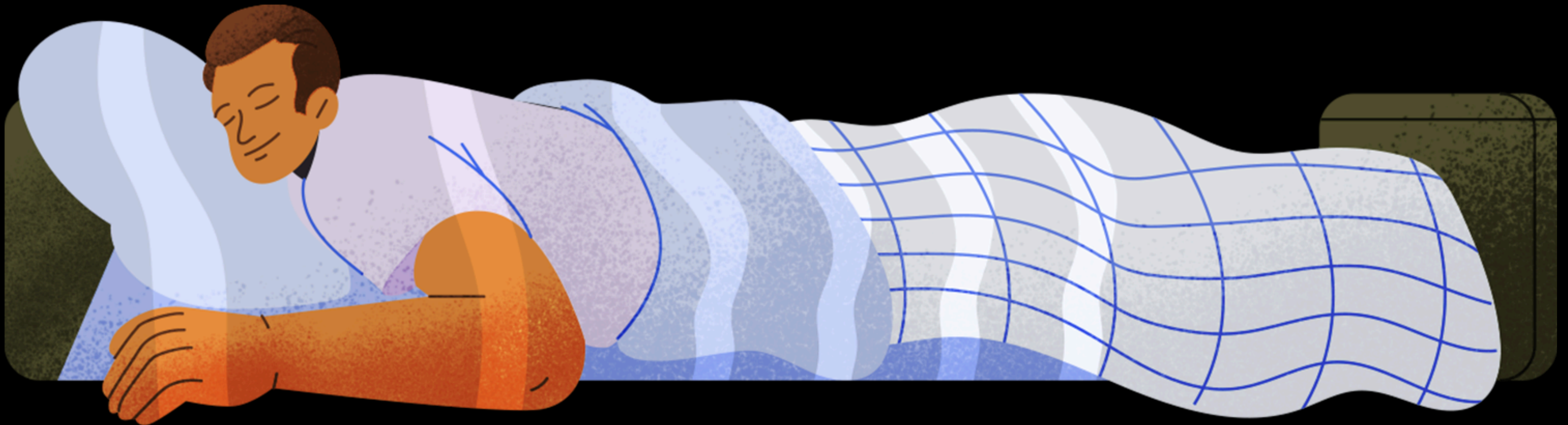




Why is self-care important?

Self-care is an important part of living a healthy and happy lifestyle. Looking after yourself both mentally and physically is crucial to taking control of your health.

**Self-care can
manifest in
many ways.**





Self-care can reduce stress and anxiety

Making time for relaxing activities, such as taking a warm bath, listening to music, or practicing yoga or meditation, is another common theme of self-care.

Self-care can boost your self-esteem

As well as helping to calm your nerves, taking time to relax and look after yourself can have a positive impact on the way you see yourself: treating yourself with kindness can make you look upon yourself more kindly.



Debunking Self-care Myths

To help you better understand what self-care is and isn't, we've laid out some popular myths:



Myth



**Self-care is
all about
pampering
yourself**

Self-care is simply the act of caring for yourself. Sometimes that looks like sipping tea with a face mask on, but it can also include creating boundaries.

Myth

**Self-care is
only for people
with poor
mental health**

Self-care is for everyone. In fact, you're already doing it. Even the most basic functions of life count as self-care. If you've gone to bed early to get a good night's sleep, that's self-care.





Myth

Self-care is indulgent and selfish

You need to care for yourself to be able to care for others. It's not selfish to fulfill your needs. Blocking off time in your calendar for "me time" is essential to avoid burnout.

Types of Self-care

Physical Self-Care

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

Mental Self-Care

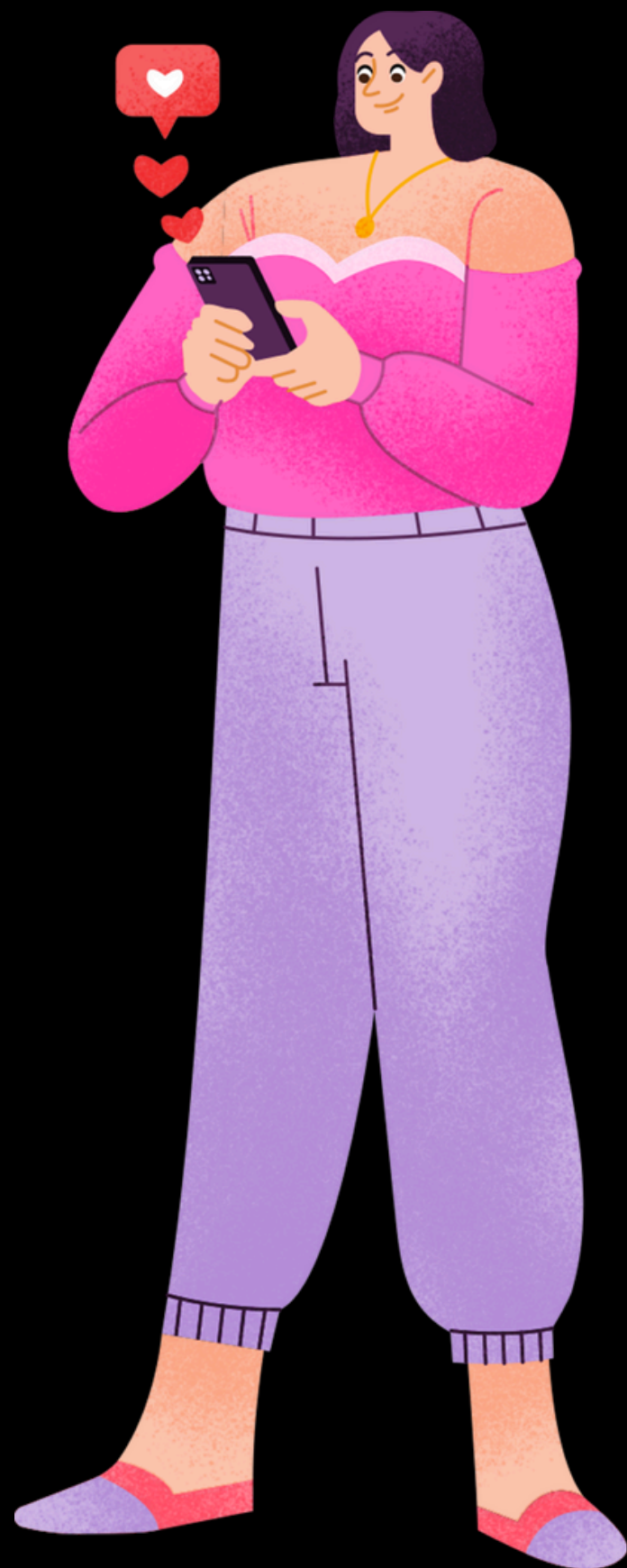
Mental self-care also involves doing things that help you stay mentally healthy and keep your mind sharp.

Social Self-Care

Socialization is key to self-care. Put time and energy to maintain close connections are important to your well-being.

Emotional Self-Care

Emotional self-care may include activities that help you acknowledge and express your feelings on a regular basis.





Thank you!

If you have more questions, feel free to contact us through social media: