Mindful Self-Care

Agenda

Introduction: What is self-care

Primary goals: Awareness of what self-care means to me

Areas of growth: My personal self-care plan

Summary: What have I learned about me!

What is Self-Care?

The World Health Organization defines self-care as:

"the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider."
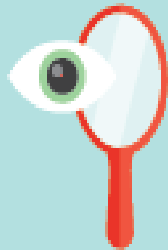
Primary goal:
Awareness

The pillars of self-care

1 health literacy

2 self-awareness

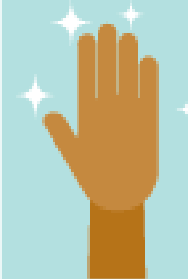**3** physical activity

4 healthy eating

5 risk avoidance

6 good hygiene

7 optimal use of products and services

Meet the team -
are you brave enough to be open today?

Do you know what you need?

ME

I'M NUMBER ONE 1

Areas of focus

Take the test:

- Take a look at the questionnaire

- Physical wellbeing

- Psychological, mental/emotional/spiritual wellbeing

- Work/professional

- Social life/family/relationship wellbeing

Balance

- Do you have balance?

- How are we going to obtain balance?

Focus

My personal self-care plan

5 Minutes

- Ever have 5 minutes between activities and think there is no time to do anything in 5 minutes?

- Discuss activities that take 5 minutes

- Think about anything that makes you feel good

30 Minutes

- 30 minutes is a lot longer than you think, with focus you can really do something special for yourself in just 30 minutes every day!

- What can you do in 30 minutes, discuss with your group.

½ Day

- How many times do you take ½ a day purely for yourself and do something that makes you feel happy and fulfilled.

- Think realistically about how often you can fit ½ a day into your self-care plan.

Summary

What is self-care and what does it mean to me?

Hopefully you will take away a new awareness of self-care that will help you look after yourself as you move forward in life. Keep an open mind about potential self-care activities and use your log to treat yourself, even if just for 5 minutes.

Thank you

Dr Elaine Cranenburgh

This has been a part of the mindfulness programme running throughout 2023 at the Neuro-Muscular Centre Winsford, Cheshire.

What can I do for me?

In 5 minutes	In 15 minutes	In 30 minutes	In 1 hour

What can I do for me?

In a whole morning	In an afternoon	In a whole day	For a trip away