



Operation Uplift™ Team Charter

*A Comprehensive Initiative to
Appreciate, Nurture and Support
our Caregiver Heroes.*

Self-Care Best Practices



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Self-Care Best Practices Table of Contents

1. Self-Care Quick Hits.....	2
2. External Efforts.....	3
3. Nature Break.....	4
4. 24 Tips to Boost Your Mental Health.....	5
5. 24 Ways to Step Up Your Self-Care.....	9
6. 5 Self-Care Practices for Every Areas of Your Life.....	14
7. 50 Ways to Take a Break.....	17
8. Practical Self-Care Tips for Nurses.....	18
9. Self-Care Bingo.....	20
10. The Seven Pillars of Self-Care.....	21
11. Types of Self Care.....	22
12. Weekly Self Care Checklist.....	23
13. What Self-Care Is and What It Isn't.....	24

Self-Care Quick Hits

Quiet Space

Create quiet space in the chapel for staff to sit quietly, read encouraging notes that are left in the chapel or enjoy a cup of tea and mints.

Chaplain Prayer

At the end of each shift, have the chaplain lead a prayer over the intercom.

Chaplain Availability

Post schedule of days and times chaplain is available in the chapel to lead prayer for staff who can attend – 5-minute sessions.

Source: CLS Client Recommendations

External Efforts

1. Activities of Daily Living

- Structure your time. Maintain as normal a schedule as possible but be sure to stay busy.
- Work it out! Physical activity refocuses the mind. In fact, within the first 48 hours of a significant event, alternating periods of strenuous physical exercise with relaxation will diminish some of the physical reactions to a critical incident.
- Get plenty of "R & R" (rest and relaxation). Please note: This practice does not contradict items #1 and #2 above. Balancing both activities is the key.
- Eat nutritionally sound, regular meals --- even when you don't feel like it.
- AVOID excessive use of drugs or alcohol to numb any emotional pain. Don't risk developing a substance abuse problem.
- Make as many daily decisions as possible that provide you with a sense of control of your life (e.g. if asked what you want to eat, respond even if you are not sure.)

2. Social/Interpersonal

- Reach out to others; people do care.
- Spend time with family, friends, and colleagues.
- Talk to people. Talking (and laughter) can be powerful, healing medicine.
- Be strong enough to ask for help if you need it.
- Help your family members or friends whenever possible by:
 - ✓ *Checking how they are doing (practicing Active Listening when interacting).*
 - ✓ *Sharing your feelings and concerns.*

3. Work/Career

- Make a habit of reviewing positive outcomes and successes with the same clinical rigor with which problems and unresolved issues are analyzed. Learn to savor those occurrences with the same intensity with which failed attempts are digested.
- If you work with a team of people, or even just one person, whenever appropriate, bring to work:
 - ✓ Excessive politeness
 - ✓ Being overtly supportive
 - ✓ Openness to feedback
 - ✓ A gentle sense of humor
 - ✓

Source: CLS Library

Nature Break

Research from leading organizations such as Stanford University shows time in nature can assist with mental wellbeing. Take your team for 1-2 hour nature walk with no agenda other than being in the moment and experiencing the environment.

Source: Catherine DeVrye

24 Tips to Boost Your Mental Health

We have plenty of reasons to feel anxious, stressed, and depressed - which is exactly why self-care has never been more important for women, men, teens, parents, teachers, students, and, well, just about everyone.

The benefits of focusing on self-awareness - of tuning into your body and taking the time to nourish it properly- are profound: Making self-care part of your routine is not only vital for your mental health, but research suggests that the more we practice self-care, the more confident, creative, and productive we are. Not to mention that we also experience more joy, make better decisions, build stronger relationships, and communicate more effectively.

Even better? There isn't a perfect, correct, or best way to do self-care. It's whatever you need to feel happier or more relaxed. For some people, that means watching a teen rom-com while taking a bubble bath and sipping a glass of cabernet sauvignon. For others, it may be whipping up an indulgent dessert with family, doing a tough workout with friends, going for a solo walk around the neighborhood, or buying a self-care subscription box. And for others, it's lighting a beautifully-scented candle and taking an hour to read, to journal, or to work on a jigsaw puzzle. Because just this once, everyone else can wait.

1. **Stop hitting the snooze button.** Many people believe snoozing several times is a gentler way to wake up, but this actually causes sleep to be more disrupted, leaving the person feeling more sleepy. Sleep experts recommend being honest with oneself and setting the alarm for the time you actually get up. Your body will then learn to prepare for waking at that time and you will feel less tired over the course of the day.
2. **Open the blinds as soon as you rise.** Make it a habit to open the blinds as soon as you wake up each day. Even just five minutes of sunlight first thing in the morning not only boosts your vitamin D levels, but also helps balance your cortisol (aka stress) levels.
3. **Start a side hustle.** Doing activities that bring you joy has very real health benefits, says Dr. Kien Vuu, a clinical professor of medicine at UCLA-David Geffen School of Medicine. Engaging in a hobby—whether knitting or creating a bullet journal—has been shown to reduce stress and can even activate genes that increase immunity and decrease inflammation.
4. **Put on a face mask.** A face mask is just as beneficial for your well-being as it is for your skin, because it serves as a time to take a break and treat yourself (Dr. Jacqueline Schaffer). Make it a habit to do a weekly mask - it will soothe and soften your skin, plus relax and revitalize your mind.
5. **Get a massage.** There are many studies that show a massage doesn't just feel good in the moment. Whether it's from your partner, a high-tech tool, or a professional, massage has been shown to relieve pain and stiffness, boost immunity, reduce anxiety and depression, lower stress and blood pressure, and increase circulation.

24 Tips to Boost Your Mental Health (cont'd)

6. **Banish your phone from the bedroom.** Screen time has even been linked to depression in adult women. Ideally, your bedroom is a sanctuary for sleep and relaxation. Phones, TVs and laptops disrupt all of those things. Take care of your physical and mental health by giving your brain a break and encouraging better sleep in your screen-free sanctuary.
7. **Eat a healthy snack.** Your body requires fuel - a mixture of proteins, healthy fats, and carbohydrates - to stay healthy, balanced, and functioning. Swap sugary snacks, which cause blood sugar to spike and crash, opt for quick and healthy alternatives like bananas with peanut butter, veggies with hummus, a handful of almonds, granola, or Greek yogurt with blueberries.
8. **Get a houseplant.** Besides keeping air cleaner, exposure to plants can also boost your mood. According to a 2015 study, active interaction with indoor plants suppresses nervous system activity and reduces blood pressure, leading to an overall sense of calm. Don't exactly have a green thumb? Try a succulent or an air plant. You (basically) can't kill them. Or, if you're more advanced, try Peace Lilies or Areca Palms which help to remove toxins from your environment.
9. **Read a joyful story each morning.** According to a recent survey, more than 50 percent of Americans say the news causes them stress—some say it even leads to sleep loss. So, trade your morning perusal through your Facebook feed with something positive like an uplifting book, or your most cheerful podcast.
10. **Say "no."** Most often, stress is caused by having too much to do and too little time to do it. Reduce your workload, prioritize your to-do list, and manage your time more effectively. This requires you to say 'no' more often, and that's perfectly ok!
11. **Trade your coffee for a soothing cup of tea.** Not only does herbal tea help hydrate and detoxify the body, but the process of making and drinking a cup of tea creates a mini respite. Whether you enjoy chai or chamomile, the simple act of tasting a soothing beverage can make the mind feel calmer and clearer.
12. **Meditate for five minutes.** Research shows that regular meditation undoes the damaging effects of stress on our cells - and calms the part of the brain responsible for the fight or flight response. Set your phone timer for five minutes. Close your eyes. Take a few deep breaths, and release any tension that your body is holding onto. If you begin to wander off into other thoughts, don't judge yourself. Simply bring yourself back to the awareness of your breath. There are plenty of meditation apps to help you, like Headspace or Calm.
13. **Look at pics of cute animals.** Turns out all that mindless Instagram scrolling might pay some dividends. Studies show that looking at photos or videos of cute animals increases mood and decreases stress. It's even more effective in real life - If you live near a dog park, make sure to stop by there as often as you can.
14. **Do something nice for someone else.** Hold the door open for someone, pick up a piece of litter, buy lemonade from a neighborhood kid's lemonade stand, smile at a stranger...wait, isn't this supposed to be about you? According to research, acts of kindness boost the wellbeing of not only the giver, but also the receiver and overall community.

24 Tips to Boost Your Mental Health (cont'd)

15. **Doodle or color.** Whether you use colored pencils to create your own drawings, or doodle in an adult coloring book, your mind and body relax when you're engaging in a focused, soothing activity. When the mind becomes focused on a creative task, worrisome thoughts tend to fade away. As the creative mind 'plays,' feel-good neurochemicals such as serotonin activate positive feelings of wellness and serenity.
16. **Take a break.** All work all the time causes stress on the mind and body. If you're fortunate enough to have employment with available vacation hours, take all of them. If you don't have that option, do a weekend staycation or a mini road trip. If that's out of your budget, simply spend Saturday doing absolutely nothing. That means, put your phone on airplane mode, binge watch tv, or catch up on your reading list. Whatever it is that brings you pleasure, enjoy it, and make no apologies for it.
17. **Learn to anticipate problems before they arise.** Moments that are intensely negative have a huge effect on how you experience your day, more so than positive moments. Start your day by scanning it ahead of time for potential bumps - are you allowing too little time for your commute, making it stressful? Are you leaving home without enough to eat, which guarantees the 6 p.m. headache? Avoid the hiccups, or at least some of them, and you'll be much better off.
18. **Get outside.** No matter how busy you are, make it a habit to lace up your walking shoes and step outside for a breath of fresh air each day. Even for short increments, it provides many health benefits—both physical and mental. Research suggests spending time outside helps you sleep better at night, lowers heart rate, reduces stress levels, boosts mental health, and stimulates the immune system.
19. **Exercise regularly.** Getting your heart rate up increases your happy hormones (serotonin, dopamine, etc.), thus improving your mood, pleasure, and reducing pain. And this doesn't require long hours in the gym, six days a week. "omething as simple as three to four days each week, walking briskly, going for a jog, taking an online yoga class, or doing a quick 30-minute circuit routine can meet your needs. It all counts.
20. **Write in a gratitude journal.** Studies have indicated that practicing gratitude has numerous benefits, including optimizing our cardiac health, reducing anxiety and depression, as well as sharpening our brain function and giving us peace of mind. Jot down a few things you're grateful for in a journal, or on little slips of paper, then put them in a jar and set aside time to revisit each month. If that sounds daunting, simply begin your day by thinking about someone or something you truly appreciate.
21. **Unplug after dinner each night.** There's a lot of scientific research around the benefits of disconnecting from time to time. Taking a break from social media, even for brief periods, can help lessen your anxieties, and stave off the loneliness that many feel when surfing their channels.

24 Tips to Boost Your Mental Health (cont'd)

22. **Get ample sleep.** Of course that's easier said than done, but sleep deprivation can actually cause mental lapses and increase stress and frustration, as well as contribute to physical health problems. So, despite our hectic schedules, we should maintain our regular sleep habits in order to feel refreshed and genuinely enjoy life. In addition to a good book and a cup of tea, you may also want to consider adding a white noise machine, a sleep mask, super soft sheets, and maybe even a weighted blanket to your sleep routine.
23. **Light a candle.** Scientists have found that the olfactory sense is the only one with a direct link to the limbic system, the area of the brain that plays a major role in emotional regulation, memory, and behavior. Use traditional calming smells such as lavender and frankincense (which research suggests lowers anxiety and depression). Also, try smells that have associations with happy recollections. This could be anything from a type of candy you loved as a kid to your grandma's perfume.
24. **Spend 10 minutes a day decluttering.** Research shows that clutter increases our cortisol levels (the stress hormone that is a risk factor for many illnesses), reduces creativity and focus, and can even make us more sensitive to pain. It's not your imagination that you are more relaxed in a clutter-free environment. Set a timer for just five minutes, and get busy.

Source: oprahmag.com. Written by Brigitt Earley.

24 Ways to Step Up Your Self-Care

Putting “me time” on the back burner is a big part of why we can all feel run-down, frenzied, and overwhelmed. Enter self-care, who cuddles you and tells you everything’s alright. Even during COVID-19, when many of us have more free time than we know what to do with, self-betterment became difficult after the seventh day in pajama bottoms. It seems that 21st-century life revolves around working ’til your eyes bleed or spending months on lockdown with nothing to do. However, it’s more important than ever to be kind to yourself and make self-care a priority.

What’s the Deal?

Often ignored but totally necessary, self-care is any action or behavior that helps a person avoid health problems. Excessive stress may increase your risk for heart problems, for example. So, by definition, stress relief can help someone keep their ticker ticking. Self-care also helps us sharpen our mental and physical health through better self-esteem, stress management, and overall well-being. These behaviors help provide balance in an increasingly overstimulating world. Self-care forms an essential part of a lifestyle that keeps us healthy, happy, and more in tune with our minds and bodies.

The problem is, you probably aren’t doing enough of it.

It’s easy to confuse self-care with self-indulgent behavior. This mentality might make us feel guilty for thinking we need to take a break from our lives to do something that, simply put, makes us feel better. However, it’s also important not only to be kind to yourself and allow good, nourishing things into your life, but also to know your own line. Self-indulgence involves little quick fixes that feel better temporarily. These are fine in moderation, and who doesn’t love a treat? But quick bursts of indulgence are not a sustainable route to health and happiness - and they can affect others too.

A 2019 study, for example, found that student nurses may neglect their own health and wellness needs while training to look after others - and this might, in turn, reduce their effectiveness when providing care. That’s why taking the time to check in with your mind and body isn’t a bad thing. In fact, the pursuit of health and happiness is far from selfish.

When we take good care of ourselves, we’re likely to see an improvement in many aspects of our lives, including our physical health and relationships. And this puts us in a better position to serve as a pillar of support for people we love.

Your Action Plan

Since self-care is a highly individual practice. There’s no set prescription for how or when to do it. You should take time every day to do something for yourself. Lost for ideas? Don’t fret. We’ve rounded up some sweet strategies for slashing stress, boosting happiness, and improving overall health.

Practice any of these self-care behaviors (or any others that occur to you) daily, weekly, or even hourly — whatever feels best to you.

24 Ways to Step Up Your Self-Care (cont'd)

1. **Get outside.** Ditching the comfort of your home is a great way to improve mental and physical health. Similar to meditation, spending time out of doors benefits the brain. Other research suggests even just looking at pictures of nature sparks positive activity in the brain. Even living in an area with more green space (i.e. parks and gardens) is associated with greater life satisfaction and less mental distress. Get out into the garden, too — it's a great way to sneak in some outdoor exercise.
2. **Try an outdoor workout.** Consider taking your sweat session into nature, too. Research shows that working out in the Great Outdoors boosts self-esteem more than indoor exercise, especially for people with mental health difficulties. Another study found that outdoor exercise makes people feel more revitalized and energetic, as well as less tense, confused, depressed, and angry.
3. **Pay it forward.** It's nice to be important, but important to be nice. By helping others, we actually help ourselves, too. Lending a hand not only boosts mental health, but may also lead to a longer life.
4. **Breathe the right scents.** We know that breathing techniques can help us chill out. But what we breathe might be just as important as how we breathe. While scientists continue their back and forth on the benefits of aromatherapy, research suggests that when life gives you lemons, citrus scents — orange essential oil in particular — can help slash stress and anxiety. Finding your favorite aromas and having them on hand, whether it's through candles, infusers, or bottles of essential oils, can help you create an environment that suits your nose and calms you down.
5. **Stress less.** By now, we all know that stress is really bad for our health. Research suggests that stress may be contagious, and the more stressed we think we are, the worse it might be for our heart health. Between work, relationships, family, and whatever else life throws at us, it's difficult not to succumb to stress. Don't let it get you. Using strategies like drinking tea, deep breathing, meditation, and practicing progressive relaxation can help keep the stress monster at bay.
6. **Be mindful.** Focusing on the present - without judging how we feel and what we think - can be both a liberating and healthy practice. This is known as mindfulness, and it has become an ever-more-mainstream practice in psychological therapy. Studies show that getting in tune with ourselves through mindfulness improves well-being and brings down stress. Mindfulness also helps us see ourselves in a truer light. It may also help you to keep your mind from wandering.
7. **Be happy!** This often seems easier said than done. Happiness feels good, but it's also genuinely great for your health. When you're healthy, you're happy, and vice versa. Research suggests that feeling happy may even prevent disease, including heart disease. For those who find "be happy" just a little bit of a reach, it turns out there's actually a simple way to feel more upbeat: Just crack a smile!

24 Ways to Step Up Your Self-Care (cont'd)

8. **Meditate.** Meditation is proof that it doesn't take a ton of time to do a mind and body good. Just a few minutes of quieting your mind can help relieve stress. Other benefits include a boost in compassion and emotional stability. Some research suggests that meditating could even improve quality of life to the extent it could help keep winter illnesses at bay. The best part? Its benefits continue even when we're not meditating — consider it the gift (to yourself) that keeps on giving. If you make the excuse that you don't have time to meditate, you should put aside twice as much time to practice. That's shorthand for "I don't have time to invest in my wellness," which is peak time for needing mindfulness techniques.
9. **Dance around.** When all else fails, do Baby Shark. Shaking your booty doesn't just burn calories - it may also lead to improved mood and body image, a better quality of life, a lower risk for dementia, and funkier friends and connections. Consider this your cue for a silly impromptu (physically distanced) dance party (even if you think you can't dance).
10. **Turn up the tunes.** If you've ever noticed that certain songs bring a smile to your face, you're not alone. As it turns out, science has taken note, too. Research shows that listening to happy music helps stimulate creative thinking. Plus, jamming out can also improve heart health - so put together a playlist of songs that make you want to sing along!
11. **Eat more fruits and veggies.** Adding more fruits and veggies to our plate is a great way to practice self-care all throughout the day. Research shows that eating berries boosts brain health. Noshing on peppers may also help reduce the risk of Parkinson's.
12. **Swear it off.** A potty mouth isn't appropriate in a lot of scenarios, but dropping an F-bomb might be an easy way to blow off some steam. Research also shows swearing can reduce physical pain, and may even boost confidence and self-esteem. But, as they say, timing is everything - so be sure to filter your expletives and avoid adding embarrassment to stress.
13. **Indulge in some retail therapy.** Shopaholics, rejoice! A 2011 study suggests that buying new clothes can lift your mood. Science aside, treating yourself to something shiny, special, and new (it doesn't have to be expensive!) is a pretty surefire way to put a smile on your face. Don't be foolish with money, but, also, don't deprive yourself of nice things through a misplaced sense of guilt.
14. **Become a bookworm.** Contrary to what some middle school bullies believe, books are cool. Plus, reading is actually really good for our health. Research suggests that reading on a regular basis keeps the mind sharp as it ages. Reading fiction in particular makes for more creativity and a more open mind. Cracking open a book may also improve sleep and make us more empathic, which is great if you want to be an all-round, stand-up person.
15. **Laugh out loud.** There's a reason people say laughter is "the best medicine." Chuckling and giggling benefit our mental and physical health, especially when combined with exercise. Giving into a case of the funnies can improve our overall quality of life, while getting goofy with other people can help us connect with the people we laugh with and foster our relationships.

24 Ways to Step Up Your Self-Care (cont'd)

16. **Look at something cute.** Instant mood booster: Looking at pictures of baby animals. If you don't feel 1000 percent better while looking at puppies upon kittens upon baby dolphins, we don't know how else to help. Research suggests it may boost your productivity at work.
17. **Get enough Zzz's.** There's tons of things that can sabotage our sleep, whether it's a late night at the office, a wild night with friends, or just catching up on tv. The problem is, skimping on shut-eye can hurt job productivity, make us choose to eat larger portions, and may lead to diseases like heart disease and diabetes. Prioritize snooze time for a healthier, happier you - even if it's just a quick cat nap during your lunch break.
18. **Declutter.** Some researchers believe that clutter can stress us out and bring us down. On the flip side, sorting through and purging unorganized papers, clothes, knickknacks, or whatever else is crowding our lives may help us become more productive, more cheerful, and calmer.
19. **Pound the pavement.** Not only does it torch calories, but running is a mood booster that can help reduce anxiety. Long-distance running in particular may even provide pain relief. Exercise in general is linked to decreasing symptoms of depression, so lace up your sneakers and head out on a run next time you need a mood lift.
20. **Indulge in a massage.** Set aside some time to experience the complete and total bliss of a massage. It soothes both the mind and muscles, improves sleep quality, and reduces stress.
21. **Cuddle.** Whether you're the big spoon or little spoon, cuddling is good for you. Studies show that physical contact reduces stress and releases a hormone called oxytocin that boosts happiness. Hugs can also smooth things over during rough patches in a relationship, helping reduce the negative moods that develop after a spat (according to the study, they don't necessarily make the mood all the way positive, but the negative mood is lower). Cuddling yourself can even pass as meditation!
22. **Get your Om on.** It comes as no surprise that yoga is a healthy practice. It helps relieve anxiety, stress, and depression, all while boosting energy levels and improving your overall sense of well-being.
23. **Unplug.** These days, it feels like everyone's glued to a phone, laptop, or both at the same time. Deliberately taking a break from social media, e-mail, blogging, and so on can help us recharge and gives our brain the downtime it needs to work at an optimal level.
24. **Get out of town.** When it comes to taking vacation, most Americans don't do a lot of it. But skipping out on time away from the 9-to-5 does more harm than good: Studies show that missing the family vacay is associated with a higher risk of heart disease in both men and women. Whether booking a trip to an exotic location or going somewhere nearby, time away from work can help refresh our focus. Plus, being exposed to a new location or experience can help you spark creativity and build memories. And everyone deserves a break.

24 Ways to Step Up Your Self-Care (cont'd)

Life is hard. But that doesn't mean you can't enjoy it. The first step is wanting to see a change in your day-to-day life. If something's not right, fix it.

The most important part of all this is being kind to yourself. Don't punish yourself for forgetting to go on a run or being too busy to sit down with a book.

It's more important that these changes are sustainable and nourishing, rather than a chore and a drag. So, if you go for a day of self-indulgence, don't beat yourself up. Just try and do more to really care for yourself the next day.

Source: greatest.com. Written by Adam Felman. Medically reviewed by Debra Rose Wilson, Ph.D., MSN, R.N., IBCLC, AHN-BC, CHT.

5 Self-Care Practices for Every Area of Your Life

All the stress relief activities in the world won't help if you aren't taking care of yourself. Meditation won't do you any good if you aren't getting adequate sleep. In fact, when you try to meditate, you might doze off because you aren't taking care of your body's need for sleep.

Similarly, hitting the gym once in a while won't relieve much stress if you're only fueling your body with high-processed junk food. You need to take care of your basic needs first if you want your stress relief activities to be effective.

What Is Self-Care?

Self-care describes a conscious act one takes in order to promote their own physical, mental, and emotional health. There are many forms self-care may take. It could be ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air.

Self-care has been defined as, "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being." Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life.

Unfortunately, however, many people view self-care as a luxury, rather than a priority. Consequently, they're left feeling overwhelmed, tired, and ill-equipped to handle life's inevitable challenges.

It's important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

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 fueling 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. Attending appointments, taking medication as prescribed, and managing your health are all part of good physical self-care.

When it comes to physical self-care, ask yourself the following questions to assess whether there might be some areas you need to improve:

- Are you getting adequate sleep?
- Is your diet fueling your body well?
- Are you taking charge of your health?
- Are you getting enough exercise?

5 Self-Care Practices for Every Area of Your Life

Social Self-Care

Socialization is key to self-care. But, often, it's hard to make time for friends and it's easy to neglect your relationships when life gets busy.

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. The key is to figure out what your social needs are and to build enough time in your schedule to create an optimal social life.

To assess your social self-care, consider:

- Are you getting enough face-to-face time with your friends?
- What are you doing to nurture your relationships with friends and family?

Mental Self-Care

The way you think and the things that you're filling your mind with greatly influence your psychological well-being.

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 or watching movies that inspire you fuels your mind.

Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue.

Here are a few questions to consider when you think about your mental self-care:

- Are you making enough time for activities that mentally stimulate you?
- Are you doing proactive things to 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.

As you consider your spiritual life, ask yourself:

- What questions do you ask yourself about your life and experience?
- Are you engaging in spiritual practices that you find fulfilling?

5 Self-Care Practices for Every Area of Your Life

Emotional Self-Care

It's important to have healthy coping skills to deal with uncomfortable emotions, like anger, anxiety, and sadness. 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, it's important to incorporate emotional self-care into your life.

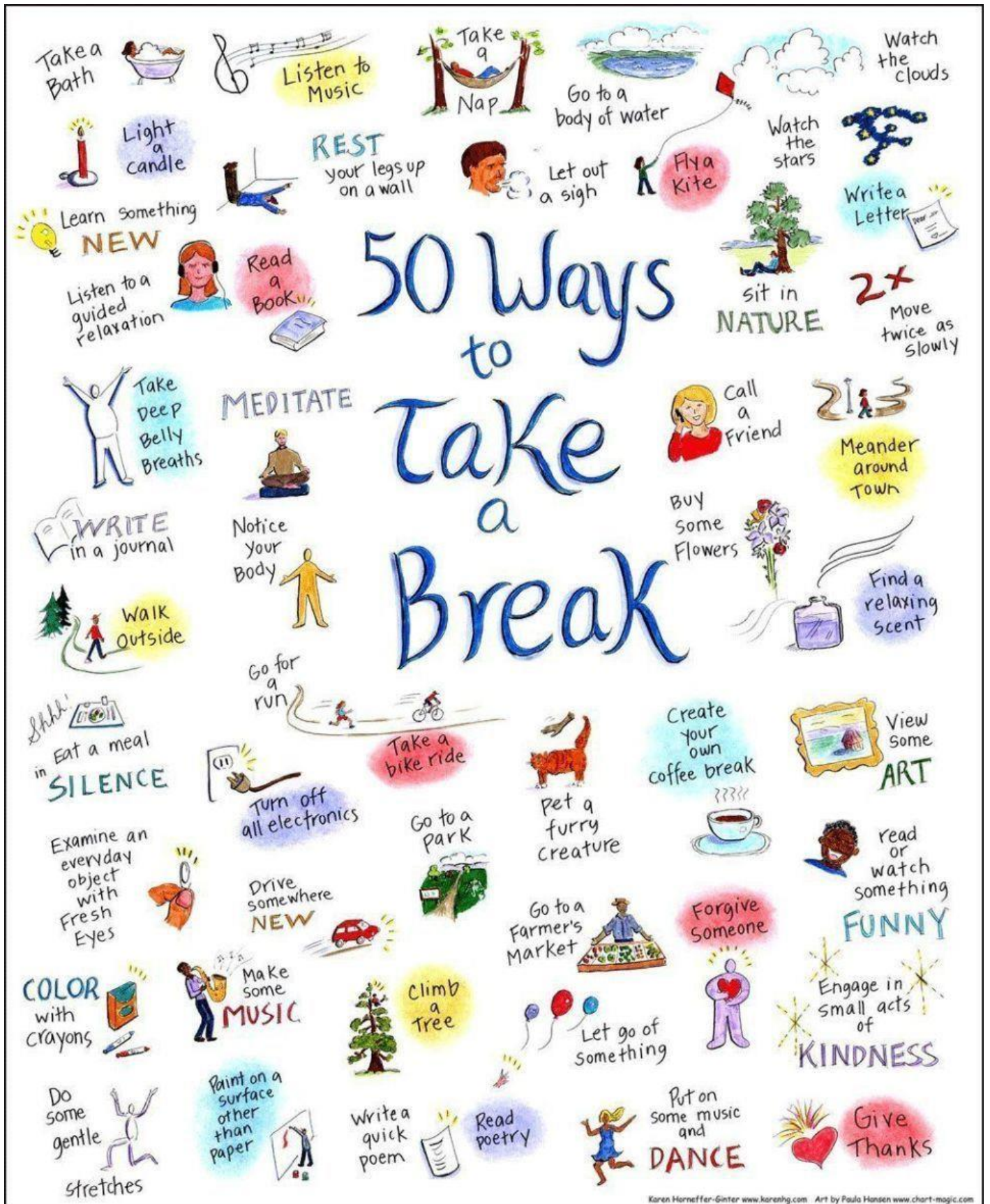
When assessing your emotional self-care strategies, consider these questions:

- Do you have healthy ways to process your emotions?
- Do you incorporate activities into your life that help you feel recharged?
- 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.

A self-care plan for a busy college student who feels mentally stimulated all the time and has a bustling social life might need to emphasize physical self-care. On the other hand, a retired person may need to incorporate more social self-care into their schedule to make sure that their social needs are being met. Assess which areas of your life need some more attention and self-care. And reassess your life often. As your situation changes, your self-care needs are likely to shift too. When you discover that you're neglecting a certain aspect of your life, create a plan for change. You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better, 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.

Source: verywellmind.com. Written by Elizabeth Scott, MS. Medically reviewed by Steven Gans, MD.

50 Ways to Take a Break



- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Fly a Kite
- Watch the stars
- Write a Letter
- Learn something **NEW**
- Listen to a guided relaxation
- Read a Book
- sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a Friend
- Meander around Town
- WRITE in a journal
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Go to a park
- Drive somewhere **NEW**
- Go to a Farmer's Market
- Forgive someone
- Make some MUSIC
- Climb a Tree
- Let go of something
- Engage in small acts of KINDNESS
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks

Karen Horneffer-Ginter www.karenhg.com Art by Paula Hansen www.chart-magic.com

Practical Self Care Tips for Nurses

Nursing can be a challenging and exhausting profession. Because of this, the buzzword you now hear associated with nursing is “self care.” “Self care” can include a variety of behaviors. Here are 10 ideas to get nurses thinking about the best ways to care for themselves:

On the Job

1. Take lunch and bathroom breaks.
If you work in an environment where you feel that you can not eat lunch or use the restroom, do something about it! Take this issue to your charge nurse and/or nurse administration to resolve. You deserve to take care of your own needs.
2. Refuse to work in a hostile environment.
Hostile work environments can contribute to burnout. If you are experiencing this issue in your present job, brainstorm solutions and take them to your nurse leadership. If the problem is not solved, consider finding new employment. Most people don't like job changes. However, in cases where leadership refuses to provide a solution, you may decide it is in your best interest to work somewhere else.
3. Drink water during your shift.
Dehydration does awful things to the body and can interfere with your ability to concentrate. Dehydration can affect energy levels too. Drink water and take your deserved bathroom breaks!
4. Decide if working voluntary overtime is worth it.
A major part of self care for nurses is downtime. Are you working voluntary overtime? Is it really worth it?(It can contribute to burnout.) Are you able to spend less, and budget so that working overtime is not necessary?
5. Arrive 10 minutes early.
Arriving a few minutes early allows you to get focused and in the work frame of mind. Arriving “just in time” or late can leave you feeling rushed or stressed before your day even begins.

At Home

6. Pack your lunch the night before.
Hopefully you are taking your lunch to work as it is an opportunity to save money and to make sure you are eating healthy. Packing your lunch the night before frees up time in your morning routine and makes it less likely to skip bringing your lunch.
7. Carve out daily time to devote to yourself.
Dedicate a portion of everyday to yourself. You can meditate, participate in hobbies, or whatever brings you joy. Even 20 minutes a day can make a difference.
8. Take a nap.
Nurses can benefit from special attention to their sleep habits. On your days off, don't feel guilty about catching up on your sleep.

*Practical Self Care Tips for Nurses*9. Seek medical care when you need it.

Be sure to care as much for yourself as you do your patients by getting mental health counseling and medical help when you need it. If you are sick, use your sick days! Why spread the germs at work?

10. Consider a spiritual practice.

A spiritual practice may replenish and nourish your soul.

Source: onlinenursepractitionerprograms.com. Written by Erica MacDonald

<i>did something</i> KIND “	LEARN SOMETHING NEW	Hydrated Body Well	Read a cozy book	OPEN SELF TO HEALING with meditation
<i>Journal</i>	<i>Told</i> YOURSELF HOW AMAZING YOU ARE!	CLEANSED SELF BRUSHED TEETH SHOWERED/ WASHED FACE	GOT A 10 SECOND HUG	<i>Flip a</i> NEGATIVE THOUGHT ”
ate something yummy	Spend time in NATURE	FREE SPACE	CREATE ART	<i>Received</i> <i>Help</i>
<i>wrote out a</i> + AFFIRMATION	<i>practiced</i> GRATITUDE	<i>Ground yourself!</i>	<i>Slept for</i> 8 HOURS	MOVED MY BODY in a way that feels good to me!
<i>Release</i> NEGATIVE THOUGHTS, EMOTIONS ENERGY	Set a Goal for Yourself	SIT FOR 5 - 10 MINUTES MEDIT ATION	<i>sit with your</i> FEELINGS	<i>Create a fun playlist!</i>

Self Care Bingo

Darrien Minnie Fertility

The Seven Pillars of Self-Care



The International Self-Care Foundation has developed a framework for self-care around seven ‘pillars’ or ‘domains’:

Pillar 1: Knowledge & Health Literacy – includes: the capacity of individuals to obtain, process and understand basic health information and services needed to make appropriate health decisions.

Pillar 2: Mental Wellbeing, Self-Awareness & Agency – includes: knowing your body mass index (BMI), cholesterol level, blood pressure; engaging in health screening.

Pillar 3: Physical Activity – practicing moderate intensity physical activity such as walking, cycling, or participating in sports at a desirable frequency.

Pillar 4: Healthy Eating – includes: having a nutritious, balanced diet with appropriate levels of calorie intake.

Pillar 5: Risk Avoidance or Mitigation – includes: quitting tobacco, limiting alcohol use, getting vaccinated, practicing safe sex, using sunscreens.

Pillar 6: Good Hygiene – includes: washing hands regularly, brushing teeth, washing food.

Pillar 7: Rational and Responsible Use of Products, Services, Diagnostics and Medicines – includes being aware of dangers, using responsibly when necessary.

Source: International Self-Care Foundation

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Spurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

Weekly Self Care Checklist

Tasks	S	M	T	W	T	F	S
Got Enough Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got Out of Bed on Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleansed My Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Completed My Dental Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Medication/Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outside of the Bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Some Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had a Snack or Two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spent Time Outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Water Throughout the Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had Nourishing Meals for Breakfast, Lunch & Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken Some Deep Breathes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken a Shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditate & Relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Facebook Page: Demons Inside My Head

What Self-Care Is -- and What It Isn't

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.

What isn't self-care? Knowing what self-care is not might be even more important. It is not something that we force ourselves to do, or something we don't enjoy doing. As Agnes Wainman explained, self-care is "something that refuels us, rather than takes from us."

Self-care isn't a selfish act either. It is not only about considering our needs; it is rather about knowing what we need to do in order to take care of ourselves, being subsequently, able to take care of others as well. That is, if I don't take enough care of myself, I won't be in the place to give to my loved ones either.

In a few words, self-care is the key to living a balanced life.

Where do you start? Well, there are three golden rules:

1. Stick to the basics. Over time you will find your own rhythm and routine. You will be able to implement more and identify more particular forms of self-care that work for you.
2. Self-care needs to be something you actively plan, rather than something that just happens. It is an active choice and you must treat it as such. Add certain activities to your calendar, announce your plans to others in order to increase your commitment, and actively look for opportunities to practice self-care.
3. What I often emphasize to my clients is that keeping a conscious mind is what counts. In other words if you don't see something as self-care or don't do something in order to take care of yourself, it won't work as such. Be aware of what you do, why you do it, how it feels, and what the outcomes are.

Although self-care means different things to different people, there's a basic checklist that can be followed by all of us:

- Create a "no" list, with things you know you don't like or you no longer want to do. Examples might include: Not checking emails at night, not attending gatherings you don't like, not answering your phone during lunch/dinner.
- Promote a nutritious, healthy diet.
- Get enough sleep. Adults usually need 7-8 hours of sleep each night.
- Exercise. In contrast to what many people think, exercise is as good for our emotional health as it is for our physical health. It increases serotonin levels, leading to improved mood and energy. In line with the self-care conditions, what's important is that you choose a form of exercise that you like!
- Follow-up with medical care. It is not unusual to put off checkups or visits to the doctor.

What Self-Care Is -- and What It Isn't (cont'd)

- Use relaxation exercises and/or practice meditation. You can do these exercises at any time of the day.
- Spend enough time with your loved ones.
- Do at least one relaxing activity every day, whether it's taking a walk or spending 30 minutes unwinding.
- Do at least one pleasurable activity every day; from going to the cinema, to cooking or meeting with friends.
- Look for opportunities to laugh!

Set up a 15-day self-care routine and see how you feel before and after. And never forget: As with everything, self-care takes practice!

Source: psychcentral.com. Written by Raphailia Michael, MA. Medically reviewed by Scientific Advisory Board.