

1: What Is Self-Care And Why Is Self-Care Important?

"The Care of the Self shares with the writings on which it draws the characteristic of being carefully constructed, exquisitely reasoned and internally cogent." -- The New York Times Book Review "Foucault is a thinker from whose writing one can infer lessons for our modern lives and dilemmas."

Blood sugar testing for diabetes Asthma inhalers contain a medication that treats the symptoms of asthma Self-care includes all health decisions people as individuals or consumers make for themselves and their families to ensure they are physically and mentally fit. Self-care maintenance behaviors[edit] Self-care maintenance behaviors include illness prevention, illness behaviors, and proper hygiene. Illness prevention measures include tobacco avoidance, exercise , and diet. Tobacco use is the largest preventable cause of death and disease in the US. Examples of this include brisk walking, swimming, dancing, riding a bike, and even jumping rope. Another important aspect to self care includes eating fresh fruits and vegetables, lean meats and other proteins. Processed foods should be limited. Limiting saturated fats, trans fats, sugars, and sodium will also contribute to a healthy diet. Illness behaviors include taking medicines as prescribed and getting vaccinations. When medicines are not taken as prescribed, complications can occur. These complications include disease progression, reduced functional abilities, lower quality of life, and increased hospital visits. Hygiene behaviors include adequate sleep, regular oral care, and hand washing. Getting 7â€”8 hours of sleep each night can protect physical and mental health. Sleep deficiency can also lead to depression, suicide, and risk-taking behavior. Self-care maintenance behaviors can be influenced by external factors, such as access to healthcare and living environments. Social determinants of health play a huge role in how people take care of themselves. Internal factors, such as motivation, emotions, and cognitive abilities also influence self-care maintenance behaviors. Motivation is often the driving force behind performing self-care maintenance behaviors. Emotions are also indicative of whether a person is going to perform such behaviors. A person with depression is more likely to have a poor dietary intake low in fruits and vegetables, reduced physical activity, and poor medication adherence. Individuals need to be able to plan, set goals, and make appropriate decisions regarding their health needs. Having the confidence to perform an action and to overcome barriers is indicative of success in performing self-care behaviors. Cultural beliefs and values may also influence self-care. Self-care may be viewed as highly important in some countries or within certain cultures that value independence, but in other cultures, self-care may contradict their beliefs and values. Social supports include family, friends, and support groups. Support groups can be through religious groups, groups that manage chronic illnesses, or a community group. These supports can help by having people to talk to or help make decisions about your care. Individuals who live with chronic illness acknowledge that shared care can help make living with a chronic illness less stressful. Living with one or more chronic illnesses can be very difficult. There are numerous medications, different specialists, and self-care maintenance behaviors that are necessary. With all of these working parts, it can be difficult to keep track of everything. The presence of co-morbid conditions makes performing self-care maintenance behaviors harder to complete. Pill burden is a huge factor in self-care maintenance of multiple chronic illnesses because many people may complain of not wanting to take all the medication or get confused regarding the schedule of their medications. The benefits of living a healthy lifestyle were analyzed in the Caerphilly Heart Disease Study. Evidence showed a risk reduction in chronic diseases including dementia and cognitive impairment to be significantly associated with healthy lifestyles. For instances of neck pain , for example, self-care is the recommended treatment. The recognition and evaluation of symptoms is a key aspect of self-care. But it also has an essential role to play in affluent countries where people are becoming more conscious about their health and want to have a greater role in taking care of themselves. To enable people to do enhanced self-care, they can be supported in various ways and by different service providers. Methods[edit] Multifaceted interventions that tailor education to the individual are more effective than patient education alone. Teach-back occurs when patients are asked to repeat information that was given to them. Teach-back education can both educate patients and assess learning. Long-term knowledge retention is crucial for self-care, so further research is needed on this

approach. One example of a habit is hand washing after restroom use. The main characteristic of a habit is automaticity. A habit is formed when environmental cues result in a behavior with very little conscious deliberation. Behavioral economics is now influencing the design of healthcare interventions aimed at improving self-care maintenance. Because humans do not always make rational decisions when it comes to self-care, behavioral economics takes into account the complexity and irrationality of human behavior. MI is based on three psychological theories: MI is intended to enhance intrinsic motivation for change. The health coach facilitates behavior change by emphasizing personal goals, life experiences, and values. Effective self-care monitoring also requires being able to label and interpret changes in the body as normal or abnormal. Being able to interpret and label your symptoms, understanding the process of your disease, and knowing how to act and treat accordingly allows competency in knowing when to seek further medical help. Self-care monitoring consists of both the perception and measurement of symptoms. This includes body awareness or body listening, recognizing symptoms relevant to health, and interpreting and labeling these symptoms. For example, a patient with diabetes may use body listening to perceive feelings of shakiness and sweating. These feelings are labeled as symptoms of low blood sugar, and the patient will decide how to act based on this information. In heart attack patients, delays in seeking treatment for worsening symptoms have been found to contribute to poor health outcomes. The range and complexity of medical devices used in both hospital and homecare settings are increasing. For example, various types of glucose monitors are used by patients with diabetes to track their blood sugar levels. Other devices can provide a more general set of information, such as a weight scale, blood pressure cuff, pulse oximeter, etc. Less technological tools can include organizers, charts, and diagrams to trend or keep track of things such as amount of calories, mood, vital sign measurements, and more. Barriers to monitoring can go unrecognized and end up interfering with effective self-care. Barriers can include knowledge deficits, undesirable self-care regimens, different instructions from multiple providers, and limitations to access related to income or disability. Psychosocial factors such as motivation, anxiety, depression, confidence can also serve as barriers. Certain equipment is needed to monitor symptoms, such as test strips and needles in blood glucose monitoring. The cost of equipment can be expensive for some individuals, so they are less motivated and less likely to keep track of symptoms. For example, some individuals may not understand the implications of high blood sugars or high blood pressure. Other people may have a fear or anxiety of how results may turn out and may avoid them. For example, a person who did not follow a diet to maintain their blood pressure or blood sugar may have a fear that it is already high and thus, does not want to monitor it. Doing anything consistently sometimes requires reminders or a little encouragement from others. Providers should assess the current self-care monitoring regimen and build off this to create an individualized plan of care. When patients understand the symptoms that correspond with their disease, they can learn to recognize these symptoms early on. Then they can self-manage their disease and prevent complications. Mindfulness and meditation, when incorporated into a one-day education program for diabetic patients, have been shown to improve diabetic control in a 3-month follow-up in comparison to those who received the education without a focus on mindfulness. How self-care monitoring is evolving with technology like wearable activity monitors. Self-care management involves the evaluation of physical and emotional changes and deciding if these changes need to be addressed. Changes may occur because of illness, treatment, or the environment. Once treatment is done, it needs to be evaluated to judge whether it would be useful to do again in the future. Treatments are based on the signs and symptoms experienced. Treatments are usually specific to the illness. For example, a patient with asthma may recognize the symptom of shortness of breath. This patient can manage the symptom by using an inhaler and seeing if their breathing improves. Inject insulin in response to high blood sugar and then re-check to evaluate if blood glucose lowered Use social support and healthy leisure activities to fight feelings of social isolation. This has been shown to be effective for patients with chronic lung disease [40] Factors[edit] Access to care: Access to care is a major barrier affecting self-care management. Access to the health care system is largely influenced by providers. Many people suffering from a chronic illness do not have access to providers within the health care system for several reasons. Three major barriers to care include: Financial barriers impact self-care management. The majority of insurance coverage is provided by employers. Loss of employment is frequently

accompanied by loss of health insurance and inability to afford health care. In patients with diabetes and chronic heart disease, financial barriers are associated with poor access to care, poor quality of care, and vascular disease. As a result, these patients have reduced rates of medical assessments, measurements of Hemoglobin A1C a marker that assesses blood glucose levels over the last 3 months , cholesterol measurements, eye and foot examinations, diabetes education, and aspirin use. In addition, people with lower levels of education often lack resources to effectively engage in self-management behaviors. Elderly patients are more likely to rate their symptoms differently and delay seeking care longer when they have symptoms. There are many reasons contributing to this difference in symptom experience. Providers should be aware of the potential delay in provider-seeking behavior in elderly patients which could worsen their overall condition. Prior experience contributes to the development of skills in self-care management.

2: Self-care - Wikipedia

Care of the self, for soul, mind and body, is much more complex than eating healthy and avoiding stress, as Foucault explains: It is a matter of acts and pleasures, not of desire.

Walk on the beach. This pampering and self-care is important to us for the times when we are overworked, deprived, and stressed. Life is a balancing act. It is often bad to live a self-indulgent life where we constantly get to do whatever we want. This often leads to addictions, issues with limits, and a lack of happiness because people do not feel they have earned their right to this self-indulgence. But when you are doing these activities as part of a self-care routine, they can be essential. We all need the joy of just sitting back and enjoying life and the things we love from time to time. Relaxing activities also help lower blood pressure, reduce muscle tension and pain, and improve concentration and mood. Go on a two-day holiday for the weekend. Allow yourself to fantasize and daydream. Attend a local high school sporting event. Bake something just for fun. Book a night in a fancy hotel. Take a bubble bath. Build something with Legos. Buy a fun treat when grocery shopping. Buy some flowers that delight you. Cook a fancy French meal. Create a piece of art. It could be a poem, song, or painting. Eat your favorite comfort foods. Give yourself a long bubble bath. Give yourself a manicure. Give yourself a pedicure. Throw away old, stretched-out underwear and socks. Replace them with sexy new versions. Go out to see a movie at your favorite theater, all by yourself. Call an old friend on Facebook, and discuss old times. Go to a comedy club. Go to an antique shop or a museum. Splurge on expensive skin care products. Walk someplace with a nice view of the sunset. Have a beer at a cozy bar. Have fun with nail art. Plan out an extravagant vacation for fun. Planning is where the fun is. Put on a homemade face mask. Read comic strips that you enjoy. Hire someone to clean your house. Read some inspirational quotes. Revisit your favorite books from childhood, such as: Sing at the top of your lungs. Sit in a coffee shop or on a park bench and people watch. Sleep in a couple of extra hours over the weekend. Start a blog and write absolutely anything. Style your hair differently. Swing on a swing set. Light candles around the house. Enjoy a home spa. Take a long, hot bath, light a candle, and pamper yourself. Take a leisurely walk at the park or around your neighborhood. Take a taxi versus the bus. Spend a little money and buy a small luxury. Visit a hot spring. Watch a chick flick. Watch a couple episodes of your favorite sitcom. Watch funny Youtube videos. Get a foot massage. Get a head massage. Get a back massage. Exfoliate your skin with a good body scrub. Watch or listen to your favorite comedy podcasts. Watch your favorite classic films. Wear a dress that makes you feel great. Wrap yourself up in a cozy blanket and sip a cup of hot tea while reading a book. For those of us who are HSP, these can be big distractions, and even cause our self-care to derail. Avoid bright sunlight. Avoid crowds. Avoid loud noises. But even those without HSP tendencies may be either soothed or enraged depending on sensory input. Sensory self-care activities help you focus on the present moment. Focusing on sensations of sight, smell, taste, touch, and sound gives you a break from worrying. Color some adult coloring books. Create a playlist of songs that soothe and calm you. Dig your hands into the dirt and enjoy the feeling. Find a shop with tea, coffee, or spices and enjoy the free smells for a while. Go to an art museum. Lie down on the ground for a few minutes. Light a candle in a dark room and sit in silence. Listen to meditative sounds, such as monks chanting or nature sounds. Listen to songs that remind you of happier times. Look at the stars. Make yourself a fancy coffee drink. Put up some Christmas lights in your bedroom. Take pictures of anything that catches your eye outside your home or in a public space. Buy an essential oil diffuser and try aromatherapy using essential oils. Turn down the lights, sit down, stare into space, and do absolutely nothing. Watch some autonomous sensory meridian response videos to help you calm down and fall asleep. Watch the sun rise or set. Self-care also includes the work you do in making sure that relationships with others you care about remain healthy. No man or woman is an island. We need other people in our lives. They simply want their relationships to be on an even ground. They want to understand and be understood by other people. Social self-care is about maintaining healthy, supportive relationships, and authentically connecting with others. Engaging in social self-care activities also help ensure that you have diverse relationships, not just with family, friends, and co-workers. This is not only good for the social butterfly. In fact, these self-care steps are

more useful to the introvert. The social butterfly finds social interactions second nature, and needs to expend little or no energy on figuring out these relationships. But the introvert has to keep these things in mind. Accompany a friend or family member while they run errands or attend events. Let people know you need some help.

3: Introduction to Self-Care - University at Buffalo School of Social Work - University at Buffalo

The care of the self is the ethical transformation of the self in light of the truth, which is to say the transformation of the self into a truthful existence. b. Parrhesia (Frank-Speech).

Comment Self-care is a popular topic these days, but it is often poorly explained. It may seem wishy-washy or vague to you. Maybe you think your resources are better saved for working and for looking after others. So, what is self-care, and why is it so important? As it turns out, there are many different self-care practices, and not all of them suit everyone. This guide will take you through the reasons why you need at least some sort of self-care in your routine, and will help you understand the specific changes you need to make. The Definition Of Self Care Self-care is a broad term that encompasses just about anything you do to be good to yourself. Meanwhile, it also involves integrating self-compassion into your life in a way that helps to prevent even the possibility of a burnout. We can all be tempted to use unhealthy coping mechanisms like drugs, alcohol, over-eating, and risk-taking. These self-destructive activities help us to regulate challenging emotions, but the relief is temporary. The difference between unhealthy coping mechanisms and self-care activities is that the latter is uncontroversially good for you. When practiced correctly, self-care has long-term benefit for the mind, the body, or both. Benefits Of Self Care With a self-care definition on the table, we can now turn to look at what happens to us when we add it to our lives. As hinted above, there are many benefits of self-care. The most obvious relates to mood and energy levels. However, as it turns out, research shows wider ranging benefits as well. Improved resistance to disease. There is evidence that most self-care activities activate your parasympathetic nervous system PNS. What this means is that your body goes into a restful, rejuvenating mode, helping it to fortify its immune system. So, with better self-care often comes fewer colds, cases of flu and upset stomachs. Specifically, you treat yourself like you matter and have intrinsic value. This can go a long way toward discouraging negative self-talk and your critical inner voice. Practicing self-care requires thinking about what you really love to do. The exercise of figuring out what makes you feel passionate and inspired can help you understand yourself a lot better. Sometimes, this can even spark a change in career or a reprioritization of previously abandoned hobbies. In truth, self-care gives you the resources you need to be compassionate to others as well. The great news is that there are many different self-care practices, and none of them are especially difficult or require a lot of planning. The trick is to find some that you genuinely enjoy and that fit with your life and values. Here are the five main categories of self-care, along with explanations of how they help you. Sensory Sensory self-care is all about helping to calm your mind. When you think about practicing sensory self-care, consider all of your senses: Most people are more responsive to one than the others, so ask yourself what that sense might be for you. The following examples of sensory self-care involve at least one sense, but often more. Sensory Self-Care Ideas Cuddling up under a soft blanket. Going to the countryside and focusing on the smell of the air. Watching the flames of a candle or a fire. Feeling the water on your skin during a hot bath or shower. Focusing on the movements of your own breathing. Lying down and listening to music with your eyes closed. Sitting in the heat of the afternoon sun. Having a small square of the most delicious chocolate. Walking barefoot in the grass. Having a massage with essential oils. Holding a pet in your arms. Emotional When it comes to your emotional health, one of the best self-care tips is to make sure you fully engage with your emotions. When you face them head-on, this actually helps with stress. You are not blameworthy for the emotions you feel; only how you behave in response to them. On this theme, consider any one or more of the following if you want to practice better emotional self-care! Emotional Self-Care Ideas Keep a daily journal, and be totally honest about your feelings. Make time to be with a friend or family member who truly understands you. Let yourself cry when you need to. Deliberately encourage yourself to laugh with old memories or funny videos. Sing along to the song that best expresses your current emotions. Spiritual self-care is about getting in touch with your values and what really matters to you. Self-care tips for depression often stress that developing a sense of purpose is vital to your recovery. Below are some versatile examples that can help you with this. And if you want more tips for overcoming depression, be sure to remove toxic negativity from your life. Get your free ebook on clearing negativity! Just click here now. Spiritual

Self-Care Ideas Keep up a daily meditation or mindfulness practice. Attend a service, whether it is religious or humanistic. Walk in nature and reflecting on the beauty around you. Make a daily list of things that make you feel grateful. Be creative, whether through art, music, writing or something else entirely. Make a list of things that make you feel alive, then ask yourself how you can better incorporate these things into your life. Say affirmations that ground your sense of self and purpose. Go on a trip with the sole purpose of photographing things that inspire you.

Physical The importance of self-care definitely extends to purely physical aspects of your health. Physical activity is vital not only for your bodily well-being but also for helping you let off steam. Instead, broaden the concept by thinking about the following lists. Join a class and learn a new sport. Cycle through the countryside. Nap when you need to. Just 20 minutes can make you feel mentally and physically refreshed. Commit to hours of sleep per night, barring exceptional circumstances. However, connecting with other people is necessary for happiness for a large diversity of people. This can, in particular, help us combat loneliness and isolation. Get your free ebook on clearing negativity today!

Social Self-Care Ideas Make a date to have lunch or dinner with a great friend. Write an email to someone who lives far away, but who you miss. Stop socializing with those who undermine or disempower you. Strike up a conversation with someone interesting. Join a support group for people who struggle with the same things you do. Sign up for a class to learn something and meet new people at the same time.

4: Self-care for the caregiver - Harvard Health Blog - Harvard Health Publishing

Self-care is a popular topic these days, but it is often poorly explained. Perhaps you keep seeing it mentioned in self-help books or magazine articles and yet don't have a clear sense of how you're supposed to add it to your life. It may seem wishy-washy or vague to you. Alternatively, maybe.

Something like running or daily walking, which are just forms of self care. So it teaches you some ideas on how to get self care into your day. See self care is always around us. You might just know it by other names. Your soul knows the geography of your destiny better than you do. Your time and energy are precious. You get to choose how you use it. Love yourself as you are. Your finest work, your best movements, your joy, peace, and healing comes when you love yourself. You give a great gift to the world when you do that. You give others permission to do the same: Bask in it as you would sunshine. When we can be alone, we can be with others without using them as a means of escape. By accepting yourself and fully being what you are, your simple presence can make others happy. You really have to love yourself to get anything done in this world. Whatever you are feeling, love yourself for feeling it. If not you, who? If not now, when? I just love them. I have always been a fan of inspirational quotes. There is just something about the way good inspirational quotes are put together that I love. They not only inform, but they make you want to take immediate action. Now we have another series of important quotes. These quotes about taking time for yourself. This is a biggie in self-care. But enough from me. Lets see some experts quotes about taking time for yourself. Surround yourself with people, color, sounds, and work that nourish you. Caring for myself is an act of survival. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving. Every act of self-care is a powerful declaration: I am on my side, I am on my side, each day I am more and more on my own side. Quotes about self care from caregivers. A case could be made that this is not truly self care. It is just care. I acknowledge to that argument. Semantically it is true. But if we cannot, or will not perform self care on ourselves, there are many people out there that may help. Who are the caregivers. When you think of self care and caregivers, your mind probably jumps to an old age home and someone in their final years needing a lot of self care help. While this is part of self care and caregivers, I would argue it is a small part. The biggest self care caregivers are parents. They start doing everything for you, then slowly educate and teach you to find what you need and perform your own self care. Self care makes your use of time more sustainable. When you take time to replenish your your spirit it allows you to serve others from the overflow. You cannot serve from an empty vessel. The point is to have a long-term perspective. Take care of yourself first. Why not share your favorite in the comments below. Or even better, share any good thoughts on self care that I may have missed in the comments below. Like the quote artwork on this page? Why not take a moment and share it to your favorite social media network.

5: The importance of self-care | TED Talks

Taking care of your basic physical and emotional needs should really be the backbone for getting stuff done, but ironically, self care is usually the first thing to go.

Too busy and too tired. These phrases are the mantra of an American society that, according to the Institute of Medicine, has the dubious distinction of falling behind nearly every other affluent country in terms of life expectancy, rate of injury and illness, and overall health. The dismal figures regarding our health impact not just our happiness, but our financial bottom line. These professionals saw that a holistic approach to healthcare offers individuals the opportunity to maximize their healthcare outcomes. In the beginning, the recommendations were fairly obvious instructions that most of us are familiar with: Over time, as professionals integrated more holistic approaches to healthcare in their practices, self-care recommendations began to include components of mental and spiritual well-being such as therapy, life coaching, prayer and meditation, and social engagement. **Physical Self-Care** Taking care of your body is what self-care concepts are based upon. Self-care for the body includes those activities that doctors usually recommend to patients, such as sticking to guidelines for body fat percentages and caloric intake, drinking enough water, sleeping at least seven hours per night, and exercising regularly. For a nation that is experiencing a prescription narcotic epidemic, it may also mean addressing chronic pain issues comprehensively and at their source, rather than just popping pills. **Psychological Self-Care** Taking care of the mind is just as important as taking care of the body, even if the recommended activities for psychological self-care vary between individuals. For those who have a mental health disorder, psychological self-care may mean taking medications and using therapy as prescribed by a psychiatrist. It also may require learning how to combat negative self-talk and addressing the emotions and psychological triggers that lead to feelings of defeat in relationships or the workplace. **Emotional Self-Care** Emotional self-care is highly related to psychological self-care because there is overlap between the psyche and the emotions. For people who are experiencing a great deal of stress or grief and bereavement, emotional self-care may involve taking the time to properly grieve the loss of a relationship or loved one. It may mean journaling about anger or talking about paralyzing feelings with a friend or counselor. Many adults do not have a strong understanding of their emotional lives, but emotions deeply impact relationships, careers, and physical self-care. **Social self-care** involves just having fun with the people you love. It may mean going out to coffee with a best friend or planning a fabulous date night with your spouse. It means talking effectively through conflict, and addressing the emotional needs of the people you love. The time for social self-care is now, because you never know how long you have with the ones you love. Furthermore, socializing helps create positive health outcomes. **Spirituality** is about both faith and meaning in life. Providing spiritual self-care may mean spending time in prayer or meditation, or going on a long walk to contemplate purpose and meaning. It may involve making time for communal worship in a religious setting. Regardless of how you find meaning and purpose in life, spirituality can build social support and ease psychological and emotional distress. One in four Americans have a mental health disorder, of which 1 in 17 have a severe mental illness. Many of these disorders go untreated. Fewer than one in three adults eat the recommended number of fruits and vegetables every day. More than one-third of Americans are obese. Fewer than one-half of all Americans saw a dentist in the last year to protect their oral health. America is a leader among industrialized nations in infant mortality rates. Suicide is a leading cause of death for Americans of all ages. An active engagement in even the most basic self-care recommendations, like exercising and eating healthy, would improve the overall well-being of our population. **What Are the Benefits of Self-Care?** The benefits of proactive self-care are numerous, measurable, and significant. **Physical Health** If you follow some of the basics of self-care, such as exercising, eating right, and reducing or eliminating alcohol or tobacco products, you can accomplish the following: **Psychological Health** According to the CDC, stress can be useful for short periods of time to help individuals achieve important goals. Over a longer period of time, however, some of the feelings that accompany stress—such as fear, powerlessness, nightmares, anger, headaches, and back pain—can turn into a mental health disorder. Self-care, both physical and psychosocial, can reduce the risk of mental health

problems over time. Emotional Health Psychological and emotional health overlap to some degree, but emotional health is about more than just the absence of a mental health problem. The term encompasses the feelings that accompany people who are well-rounded and content. Individuals who are consistently stressed out are much less likely to deal with stressors effectively, and thus less likely to enjoy emotional health than those people who have provided themselves with the self-care needed to manage stress. And unfortunately, people with poor social ties are more likely to experience ongoing stress, which can further reduce the quality of their relationships. Self-care that values relationships and stress management can improve overall health outcomes by building social support. Spiritual Health Spirituality is not necessarily the practice of a religious faith, although the religious faithful certainly practice spirituality. While these activities are intended to help manage your physical health, they can impact other areas of your life, as well. Eat the recommended amount of fruits and veggies every day, rather than filling your body with junk food. Sleep eight hours per night. These recommendations remain true and applicable to your life, no matter who you are. However, they are just the beginning of a life-changing and life-maintaining self-care plan. Self-Assessment No two people are quite the same, so the activities and behaviors that work for you might not work for someone else, and vice versa. You alone have the ability to know what you need and enjoy in relationships, spirituality, and inner psychology. Ask yourself the following questions to begin homing in on the self-care practices that can make a difference in your life: What do I most enjoy doing with my time? What activities make my heart feel at rest and at peace? When do I feel the most full of life and well-being? When do I feel the tension release from my neck, shoulders, and jaw? What am I doing when this tension goes away? Which people provide me with energy, strength, and hope, and how much time do I spend with them compared to the people who drain my sense of well-being with negativity and guilt? When do I feel my life is full of purpose and meaning? Many people become so involved in their work and family lives that they forget to pause and consider who they really are and what they actually enjoy doing. Americans work in ways that make them sick, both in their habits and in the amount of time they spend working versus playing. Even if this cultural impulse to work continuously while never stopping to consider overall health persists, there are several ways that you can work self-care into your day: Add It to the Calendar. Confide in Your Spouse or Partner. Try to find one way that the two of you can support each other in self-care activities every week. Ask Your Boss for Flexibility. See if there is any flexible time available at work for occasional telecommute options or for the opportunity to take a long lunch break for a massage as long as the time is made up the next day. Bring Your Children With You. However, your children can be part of the solution. It is an active choice to participate in the activities that are known to increase your overall physical, emotional, psychological, social, and spiritual well-being. Take some time to truly consider how to integrate both basic self-care and highly personal self-care into your daily life. You will likely find that you feel much better in both body and mind. How have you seen self-care bring positive outcomes to your life?

6: Self-Care Starter Kit - University at Buffalo School of Social Work - University at Buffalo

The term self-care describes the actions that an individual might take in order to reach optimal physical and mental health. Mental health professionals often use the term self-care to refer to.

Of course, I care about myself. Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Knowing what self-care is not might be even more important. 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. Well, there are three golden rules: Stick to the basics. Over time you will find your own rhythm and routine. 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. What I often emphasize to my clients is that keeping a conscious mind is what counts. Be aware of what you do, why you do it, how it feels, and what the outcomes are. 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. Follow-up with medical care. It is not unusual to put off checkups or visits to the doctor. You can do these exercises at any time of the day. Spend enough time with your loved ones. 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 day self-care routine and see how you feel before and after. As with everything, self-care takes practice! She runs an online practice working with people from all over the world, as well as a practice in Cyprus where she offers face-to-face sessions, workshops, skills groups and group therapy. Raphailia works with a variety of symptoms in a humanistic and integrative way, drawing on the perspectives of Person-centered approach, Narrative therapy, CBT, DBT, and Mindfulness. Her goal is to help her clients through their journey towards self-empowerment, self-acceptance and a more fulfilling life. More information can be obtained through www.

7: Foucault, Michel: Ethics | Internet Encyclopedia of Philosophy

The new breed of high-tech self-monitors (measuring heartrate, sleep, steps per day) might seem targeted at competitive athletes. But Talithia Williams, a statistician, makes a compelling case that all of us should be measuring and recording simple data about our bodies every day “because our own data can reveal much more than even our.

April 5 5: Photo illustration by Slate. But in , self-care officially crossed over into the mainstream. It was the new chicken soup for the progressive soul. The week after the election, Americans Googled the term almost twice as often as they ever had in years past. Advertisement Self-care originally caught on as a medical concept. Doctors have long discussed it as a way for patients to treat themselves and exercise healthy habits, most often under the guidance of a health professional. Prior to the late s and early s, these patients were usually mentally ill and elderly people who required long-term care and otherwise had little autonomy. Later, academics began to look for ways for workers in more high-risk and emotionally daunting professions “trauma therapists, social workers, EMTs, and so on” to combat stress brought on by the job. The belief driving this work was that one cannot adequately take on the problems of others without taking care of oneself by reading for pleasure or taking the occasional vacation, for instance “a sentiment you still hear from activists today. And that applied not just to physical welfare but to mental and emotional health. Women and people of color viewed controlling their health as a corrective to the failures of a white, patriarchal medical system to properly tend to their needs. Activists saw that poverty was correlated with poor health, and they argued that in order to dismantle hierarchies based upon race, gender, class, and sexual orientation, those groups must be able to live healthy lives. Civil rights leaders had made health care a priority, with Martin Luther King Jr. Those programs were established both to make up for the dire lack of adequate social-service programs after the waning of the War on Poverty as well as to provide a coping mechanism against the harassment and surveillance that black people suffered at the hands of the police and the federal government. These nationwide clinics recruited nurses, doctors, and students to test for illness and disease rampant within the black community including lead poisoning and sickle-cell anemia , as well as to provide basic preventive care. For black people and especially black women, this kind of self-care was brought to fill a desperate need. It was borne from a disappointment among doctors and nurses with the ways in which traditional Western medicine failed to address the full needs of its patients. The trend was particularly concentrated in the San Francisco Bay Area. Not to mention the fact that, by the s, the Black Panthers and many of their successful community programs had been destroyed by a number of factors, particularly government interference and infighting. The collective trauma of that experience led to a notable increase of studies on the effects of PTSD , and it made psychiatrists expand their criteria for who might be considered to be a PTSD victim, to include even some who had a more indirect experience of witnessing the towers fall or may not have noticed symptoms until years later. You see the whole mind-body space in the fitness arena boom after that. I think that that seed has been growing in the 21st century. Women, people of color, and the LGBTQ community have been able to carve out spaces for themselves online that were not always open to them before, sharing knowledge and supporting each other in unprecedented ways. The hit series *Being Mary Jane* , meanwhile, has made this a long-running theme throughout its four seasons: She embodies many black women, in that she is expected to be the one who takes care of everyone around her to the detriment of her own physical and mental health. Another factor that has prompted renewed interest in self-care in the black community is the rise in media attention to police killings of unarmed black people. As Williams wrote in Slate last year, an increasing number of studies have shown that even just seeing these disturbing videos repeated on social media and on the news can trigger the same symptoms as PTSD “especially if the viewer identifies with the victims. In an early episode of the popular BuzzFeed podcast *Another Round* , from , hosts Tracy Clayton and Heben Nigatu advocated for the importance of self-care in the wake of several police shootings “only to re-air the episode with an updated intro following the back-to-back killings of Alton Sterling and Philando Castile last summer. In some instances , they may have a point. Join In And in some cases, the connection between caring for oneself before you can care for others is crystal clear. Shinise Muse, a counselor and supervisor at Crisis Text

Linea€”a not-for-profit hotline offering support to people experiencing everything from suicidal thoughts to sexual abusea€”never encountered the concept of self-care until she started working at the organization two years ago. At CTL, she told me, employees and counselors are taught that self-care is necessary to avoid burnout and compassion fatigue. Her regimen begins an hour and 15 minutes before her shift begins and includes, among other things, prayer, meditation she uses an app called Headspace to assist her with this; CTL offers employees a free yearlong subscription , and visualizing and writing down the things she plans to do that day. This practice helps prepare her to help the crisis counselors help those in need. After the past few months, more people have become aware of this fact than ever before.

8: Human Rights and the Care of the Self | Duke University Press

In health care, self-care is any necessary human regulatory function which is under individual control, deliberate and self-initiated.. Some place self-care on a continuum with health care providers at the opposite end to self-care.

A few years ago, I had a corporate job in London, working a regular sixty-hour week. I enjoyed working with my clients and colleagues, and I wanted to do well. But I had no life. I rarely took care of myself, and I was always focused on goals, achievements, and meeting the excessive expectations I had of myself. My high tolerance for discomfort meant I juggled all the balls I had in the air—but at the expense of being a well-rounded human being. So I made an unusual choice. I quit my job and moved to Thailand to work in a freelance capacity across many different countries and companies, which enabled me to set my own hours and engagements. I began to take care of myself better, scheduling in time alone, for exercise, and for fun. I got to know myself better and know what I needed—not just to function, but to flourish. At the end of last year, I spent Christmas alone in bed, completely exhausted. Why did this happen? Well, I had been running my busy website and consulting in seven countries in just two months. I forgot to take care of myself again, and I got a nasty case of strep throat. The best way to do this is to implement tiny self-care habits every day. To regularly include in your life a little bit of love and attention for your own body, mind, and soul. The following ideas are tiny self-care activities you can fit into a short amount of time, usually with little cost. Pick one from each category, and include them in your life this week.

Tiny Self-Care Ideas for the Mind

1. Start a compliments file. Document the great things people say about you to read later. Change up the way you make decisions. Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head. Lie on your back, relax, and watch the sky. Take another route to work. Pay complete attention to something you usually do on autopilot, perhaps brushing your teeth, driving, eating, or performing your morning routine. Goof around for a bit. Create a deliberate habit, and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush. Do one thing today just because it makes you happy. Unplug for an hour. Switch everything to airplane mode and free yourself from the constant bings of social media and email. Edit your social media feeds, and take out any negative people.

Tiny Self-Care Ideas for the Body

1. Give your body ten minutes of mindful attention. Use the body scan technique to check in with each part of your body. Oxygenate by taking three deep breaths. Breathe into your abdomen, and let the air puff out your stomach and chest. Get down and boogie. Put on your favorite upbeat record and shake your booty. Stretch out the kinks. Run or walk, depending on your current physical health for a few minutes. Or go up and down the stairs three times. Narrow your food choices. Pick two healthy breakfasts, lunches, and dinners and rotate for the week. Activate your self-soothing system. Stroke your own arm, or if that feels too weird, moisturize. Get to know yourself intimately. Look lovingly and without judgment at yourself naked. Use a mirror to make sure you get to know all of you! Make one small change to your diet for the week. Drink an extra glass of water each day, or have an extra portion of veggies each meal. Give your body a treat. Pick something from your wardrobe that feels great next to your skin. Sit somewhere green, and be quiet for a few minutes. Use sunscreen if appropriate. Inhale an upbeat smell. Try peppermint to suppress food cravings and boost mood and motivation. Have a good laugh. Read a couple of comic strips that you enjoy. For inspiration, try Calvin and Hobbes, Dilbert, or xkcd. Take a quick nap. Ten to twenty minutes can reduce your sleep debt and leave you ready for action.

Tiny Self-Care Ideas for the Soul

1. If you were, what would you tell yourself right now? Look in the mirror and say it. Carry a bag, open a door, or pick up an extra carton of milk for a neighbor. Check in with your emotions. Write out your thoughts. Go for fifteen minutes on anything bothering you. Then let it go as you burn or bin the paper. Choose who you spend your time with today. Ask three good friends to tell you what they love about you. Make a small connection. Have a few sentences of conversation with someone in customer service such as a sales assistant or barista. Buy a small luxury as a way of valuing yourself. Spend an hour alone doing something that nourishes you reading, your hobby, visiting a museum or gallery, etc. Exercise a signature strength. Take a home spa. Have a long bath or shower, sit around in your bathrobe, and

read magazines. Ask for help—big or small, but reach out. Plan a two-day holiday for next weekend. Little and Often Wins the Day With a little bit of attention to your own self-care, the fog will lift. Incorporating a few of these tiny self-care ideas in your day will help keep you in tune. Which one will you try first? She has a fancy degree, works with those who are too tough on themselves, and loves all things that sparkle. For the free cheat sheet: See a typo, an inaccuracy, or something offensive? Please contact us so we can fix it! Did you enjoy this post? Please share the wisdom: You may also enjoy:

9: Practicing Self-Care for Nurses: A Nursing Program Initiative

Taking proper care of your body, soul and mind can keep you in optimum shape for handling stress, which gives you as much resilience as possible to help you manage those uncontrollable things in life. The following are some important basic self-care strategies that can keep you functioning well and ready for life's challenges.

Whether you are in the profession of caregiving or taking care of a loved one, it is important to remember to recharge your batteries. For family members, caregiving can also lead to additional pressures, such as financial strain, family conflict, and social withdrawal. Over time, caregiver stress can lead to burnout, a condition marked by irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation. Caregiver burnout is an example of how repeated exposure to stress harms mental and physical health. Chronic stress triggers a release of stress hormones in the body, which can lead to exhaustion, irritability, a weakened immune system, digestive distress, headaches, pains, and weight gain, especially in the midsection of the body. Your body does have a natural way to combat stress. You can purposefully activate the relaxation response through mind-body practices like yoga, tai chi, meditation, and deep relaxation techniques. Self-compassion is essential to self-care. Being kind to yourself builds the foundation to self-care. Lack of time or energy can make getting that time away particularly challenging. You may even feel guilty or selfish for paying attention to your own needs. What you need to know is this: Practice simple breath awareness for 10 minutes a day. One of the simplest deep relaxation techniques is breath awareness. We go over breath awareness, paced breathing, and other breath techniques in *The Harvard Medical School Guide to Yoga*. Here is one you can try: Find a comfortable seated position on a chair or cushion. Close your eyes and begin to notice your breath. It is common to have distracting thoughts come and go, but just let them pass, and gently bring your attention back to your breath. Continue for 10 minutes. You may substitute phrases for the counts such as: I breathe in calm and relaxing energy. I pause to let the quiet energy relax my body. I breathe out and release any anxious or tense energy. For deeper relaxation, gradually extend your exhalation, until you reach an exhalation twice the length of the inhalation 10 counts. Try a mind-body practice like yoga, tai chi, meditation, and deep relaxation techniques. Mind-body practices not only build physical health, but also deepen the awareness and connection between the mind and body. Mindfulness meditation and deep relaxation techniques can reduce stress. Guided audio meditations are available online: Make eating well and getting quality sleep priorities. Maintaining adequate sleep and nutrition are key to preventing caregiver burnout. Build a daily minute nighttime routine to achieve more restful sleep. Your nighttime routine can include your breathing exercises, meditation, or yoga poses. Missing meals can lead to irritability and fatigue, so it is important to eat regularly scheduled meals throughout the day. Nutrition can also be an important factor to prevent burnout. Chronic stress has been linked to increased inflammation in the body, so it is helpful to avoid foods that are processed or high in refined sugars, which increase inflammation in the body. Avoid or reduce alcohol, since alcohol both increases inflammation in the body and disrupts quality of sleep. Find support through local caregiver support groups. While it can be difficult to keep social appointments with friends and family in the face of medical caretaking, it is important to maintain social connections to feel less isolated and prevent burnout. Hospitals and local organizations often offer caregiver support groups for family and caregivers. She will offer self-care tips to relieve caregiver stress and prevent caregiver burnout.

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