



Take the time to care for ourselves

self care

We have so many responsibilities in life that we often forget to take the time to care for ourselves. Life can be busy and stressful and it is often difficult to find the time to prioritise our own personal needs. What we can often forget is that if we don't look after ourselves, we won't be able to look after others as effectively. Self care plays such an important role in managing life daily stresses.

So how does Self Care benefit you?

When we are feeling physically, mentally and emotionally exhausted we are less able to effectively deal with stress. However, when we are feeling our best we are more resilient and better able to deal with whatever life throws at us.

Can Improve Physical Health-While pampering yourself may not have as major an effect on your physical health as exercise and diet does it can trigger your 'relaxation response'. Your 'relaxation response' is the opposite of your 'flight or fight response' it enables your body to relax and prevents stress from damaging your health so essentially self-care is good for you both inside and out.

Can Improve Emotional Health-Taking time out for yourself can remind you and others about the importance of your personal needs and instils a sense of self value. Being calm, relaxed and caring for your body can make you feel good about yourself and your life and can contribute to long term feelings of wellbeing and happiness.

Enhances your abilities to care for others- If you neglect your own needs and spend all of your energy caring for others you are more likely to 'burn out' leading to feelings of tiredness, low self worth, resentment and unhappiness. Taking time to care for yourself ensures that you are a better caregiver for others.

It is important to plan your 'Self Care' at times when you are less likely to be interrupted. It is a good idea to allocate specific times during the week that are just for you and to treat that time with the same level of importance as you would any other appointments.

Self Care means something different to each and every person so think about what you find relaxing and if nothing comes to mind try a few different things like taking a relaxing bath, reading a good book, going for a walk, practising mindfulness or meditation, sitting down and listening to your favourite music or podcast-whatever helps you to unwind and triggers your 'relaxation response'.



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