

SELF-CARE: AWARENESS, ACKNOWLEDGEMENT, ACTION



Self-care is care provided for you by you. It is knowing yourself (awareness), identifying your own needs (acknowledgement) and taking steps to meet those needs (action).

Self-care is necessary. A lack of self-care can put you at risk for: anxiety/depression, heart disease (high blood pressure, high cholesterol, etc.), obesity, diabetes, and other chronic diseases. On the flipside, self-care that focuses on all areas of health (mental, physical and spiritual) promotes longer, happier lives, and the opportunity to be at your best.

Are you experiencing warning signs of self-neglect, fatigue, or burnout? Which ones? (Awareness)

- Feelings such as envy, jealousy, resentment, anger
- Arguing more with a partner, family member, friend, co-worker
- Physical side effects such as headache, poor sleep, tension
- Unhealthy coping (turning to food, alcohol, tobacco)
- Making more mistakes
- Feeling at the “end of your rope”

On a scale of 1-10, how satisfied are you with the following areas of your life/health?

Relationships, Mental sharpness, Exercise, Nutrition, Sleep, Purpose, Connectedness, Leisure, Stress management

In which areas do you have the greatest satisfaction? Which would you most like to improve? Which are most important? (Acknowledgement)

Knowing your areas of strength/weakness, view these resources for tips on how to manage your health mentally, physically and spiritually (Action):

American Psychological Association: www.apa.org/topics
Centre for Clinical Interventions: www.cci.health.wa.gov.au
MyHealthfinder: health.gov/myhealthfinder
USDA MyPlate: www.choosemyplate.gov/
American Academy of Sleep Medicine: sleepeducation.org/

Specific benefits of self-care:

- Better ability to fight off infections and illnesses (disease resiliency)
- Peak performance and productivity
- Balanced mood and emotions
- Clearer thinking, focus and concentration
- More confidence/self-esteem
- More energy

Examples of self-care activities:

Mental health

Compliment yourself, edit your social media to remove negative people, breathe deeply, journal

Physical health

Do something energizing (ex. dance, run, stretch), take a nap, eat a healthy snack, schedule a health appointment

Spiritual Health

Help someone through volunteering, meditate, spend time in nature, let go of something

*Give yourself permission to practice self-care.
“You can’t pour from an empty cup.”*



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