

# 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: [apa.org/topics](http://apa.org/topics)  
NIMH: [nimh.nih.gov/health/topics/caring-for-your-mental-health](http://nimh.nih.gov/health/topics/caring-for-your-mental-health)  
MyHealthfinder: [health.gov/myhealthfinder](http://health.gov/myhealthfinder)  
USDA MyPlate: [myplate.gov](http://myplate.gov)  
American Academy of Sleep Medicine: [sleepeducation.org/](http://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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**You Have the Potential to Prevent Chronic Diseases – And GrapeVine Can Help!**

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