

THE GUIDE TO *self-care*



This ultimate ebook is designed to help you
understand self-care better.

SELF-CARE EBOOK



INTRODUCTION

Self care is an ethos we believe in. Taking care of yourself and your wellbeing daily, is core to self care and wellbeing principals. Even when needing more support, people searching to find the right kind for themselves, whether that's meditation, relaxation, counselling, or simply joining a new online group, all points to an individuals commitment to their self care and well-being. There are important positive self care, mental health and well being habits in the guide below, that people can adopt for themselves. Think through what these may be for you and how self care can be the daily habit you'll want to keep!

SELF-CARE EBOOK



GET TO KNOW ABOUT



Taking care of yourself does not mean being selfish or indulging yourself. Self-care means taking care of yourself so you can live a healthy, fulfilling life, do your job and accomplish all that you want to accomplish in a day.

You can take care of yourself by doing things you enjoy so you can remain physically, mentally, and emotionally healthy for the rest of your life. It's beneficial in many ways, including better health and well-being.

self-care

Achieving self-care involves your own physical well-being, such as nutrition, hygiene, and seeking medical attention when necessary. This involves all the steps you can take to manage stress in your life and take care of your own health.

Self-care is taking steps to tend to your physical and emotional health needs to the best of your ability.

WHY IS SELF-CARE *important?*

A big part of self-care is committing to looking after your body and becoming more attuned with its needs. Whether it's exercising more or getting enough sleep each night.

Prioritising self-care can help to manage mental health issues and might even prevent them from getting worse.



Self-care can improve your physical health and protects your mental health

Self-care is an important part of living a healthy and happy lifestyle. Looking after yourself both mentally and physically is crucial to taking control of your health.

Self-care doesn't have to involve a huge time commitment and it does not have to cost the earth. It could be taking a bath, or relaxing with a good book.

SELF-CARE PRACTICE FOR *the mind*



Self-care can take many forms, but it always promotes you and your health. Remaining on track with your sleeping schedule, eating healthily, spending time outdoors, participating in a hobby you enjoy, and expressing gratitude are all examples.

Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Its benefits are better physical, mental, and emotional health and well-being.

SELF-CARE PRACTICE FOR *the body*



While many of us have a lot going on, it's imperative that we take time out every day for ourselves, even if minimally. Another great thing about self-care is that it does not have to cost a thing. And you can even accomplish it in the convenience of your own home.

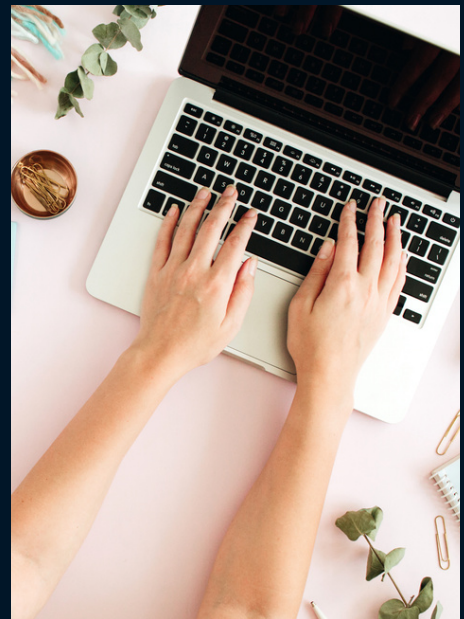
Life is dynamic, and so are our dimensions of wellness. During challenging times, we may rely on our strong points to help carry us through. When too many dimensions are compromised, we may find ourselves struggling and find it difficult to handle things we easily could have in the past.



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*helping you - developing
and supporting people.*

We have a commitment to supporting and helping you to develop in the ways you want and need. Donovan Academy offers counselling and life coaching as well as training and awareness in mental health. Join us online, in our Facebook group, in a Zoom webinar, or simply be first to sign up for news and FREE offers for subscribers.



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