

Self-Care

Listen to a talk by Susannah Winters about 'Self-Care' and answer the questions that follow. Your answer should not be more than 5 words.

1) What is the myth about self-care?

Self-care can be simple. We shouldn't believe that self-care is about a _____, pedicure and a marathon on Netflix movies or series.

2) What is self-care?

Self-care is about taking care of your _____ through restorative activities.

3) What is the biggest threat to our well-being?

Physical and emotional _____.

4) What restorative activities does Susannah Winters do to practise self-care?

→ Practise moments of stillness and _____.

→ Practise _____ as exercising helps your body to release endorphins, the happy hormone.

→ Spend time in _____.

Now flip to page 94 of Pulse 2. Read the text 'Take care of yourself' and transfer the information needed.

