

# 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.

5) Don't worry too much about your physical \_\_\_\_\_.

Ways to Look After Yourself

1) Do regular \_\_\_\_\_.

It is great for your social life and it is a great 2) \_\_\_\_\_ reliever.

4) Look after your \_\_\_\_\_ health. Find someone to talk to when you have problems burdening you at home or at school.

3) Practise healthy \_\_\_\_\_. Your meals should be balanced and healthy.