

Adapted from the-5-step-guide-self-care-for-busy-people.html (author: Hannah Braime)

Self care is necessary for our physical and mental health, but often it's the first thing we drop when we get busy. We should remember that when we don't take care of ourselves, we are not good at taking care of other people. Be kind to yourself first!

1. Start with Your Needs First

Self care is about meeting your human needs. You need to relax, to be quiet and peaceful, you need to connect, you need to feel safe, and much more. Think to yourself: What do I need most in my life right now? Find an activity that will fill that need.

2. Schedule It

"I don't have enough time" is probably the main reason people don't put self care first, but one way to create time for your self care is to schedule it. Find a space in your calendar during the next week and schedule in an appointment called "self care time". Then stick to it. Be realistic with your schedule: if all you can see is one 10-minute gap, use that.

3. Prioritize

When we feel like we don't have time to do something important, it's either because we're not making time, or because we don't make what we actually need our highest priority. It might feel like we 'have to' do certain things, but we have complete control over how we spend our free time. You may have to give up something else like watching a TV show or sleeping an extra half hour but giving the time back to yourself is worth it.

4. Say No Sometimes

It is important to set limits about what you will do for other people. And say no to others sometimes, so that you can put yourself first. Remember: you can take half an hour for yourself, and the world will still be there when you return. And when you do return, you'll be in a much better, healthier position to deal with the world around you.

5. Focus on Little and Often

Do a little bit of self care every day. Doing some kind of self care activity that takes 10-15 minutes a day is far more helpful than one that takes two hours once a month. It's also much easier to find 10 minutes in your day than one hour, for example.

5 step guide – notes

Fill in the heading that fits the category and write a note about that idea.

Idea	Heading	Notes (You should...)
		
		
		
		
		