

Tell us what you think!



SELF-CARE

Check out the evidence!

What comes to mind when we think about self-care?

Bath Bombs



Candles

Regular Exercise



8 Hours of Sleep

Spa Day



Healthy Eating

Well, although we may enjoy these activities, self-care is **NOT** just these things.

'Self-care' is often portrayed in media as time-consuming and expensive.



Or we can feel that self-care is just one more thing we have to do in our already busy lives.



You may even think self-care is not for you because of these stereotypes.



But, self-care goes beyond that!

Genuine self-care is about taking steps to care for ourselves so we can be fully engaged in other areas of our lives.



Genuine self-care is...

Being present



Creating a sense of calm



Building a sense of self



Slowing down



Taking time for self-reflection



Building resilience



Lowering stress levels



Improving well-being



Self-care should be a top priority

MYTH

"If I'm under a deadline, I can't do any self-care because I should be doing something else that's much more productive."



That's not true!



FACT

When we're under a deadline and feeling stressed is the exact time we should be exercising self-care. This will help us continue to be productive.



Self-care should be a priority especially during stressful times

If we don't take time for self-care, we will reach a point where we can't function anymore.

On a plane, they always tell you to put your own oxygen mask on first before helping others.

You need to care for yourself first before you can successfully help others.



Self-care helps us recharge!



Without self-care, we can easily burn out.

If you choose to take care of yourself first then you can better show up for other important aspects and people in your life.

The 6 main areas of self-care ²



Physical

Activities that help improve our physical health and well-being.



Spiritual

Activities that nurture our spirit and help us think beyond the self.



Psychological

Activities that help us to feel calm and engaged with challenges in our own life.



Professional

Activities that help us work consistently at our own level.



Emotional

Activities that help us regulate, process, and reflect on our emotions.



Social

Activities that help us maintain healthy, supportive relationships.

How can we improve our self-care? Creating a Self-Care Plan

Which self-care areas need more attention?

View the **Self-care Assessment** in the Worksheets section

Keep in mind: We don't need to improve in all the categories at once.

- **Prioritize** a few areas
- Focus on what works best for you!
- There is **no one-size-fits all**.

Plan for challenges

When we start to make changes, sometimes other things happen to stop us from making that change.



Plan your response instead:

"If I'm asked to do work last-minute again, I will ask if I can get to it first thing Monday."

START WITH ONE SMALL STEP ¹

We often put off self-care thinking:

"I'll wait until my day off"
"I don't have enough free time to do this".



Doing a little self-care is better than no self-care!

Even just 10 minutes can be helpful.

MAKE SELF-CARE A PRIORITY – SCHEDULE IT IN!

Take time to schedule it in and do something you enjoy.



Take mini-breaks or quick moments for self-care throughout each day.



'Unplug' for 5 minutes or step outside for fresh air.



This doesn't need to be long; quick activities work well!

GO BACK AND REASSESS YOUR PLAN OFTEN.



Make sure it still works for you as your life changes.

Plan for stress ³

As noted above, our self-care is the first thing to go when we're stressed. We might start to:



skip our workout to study more

sleep less



eat less or skip meals



drink more caffeine



Before we take an exam, we amp up our studying...

In a similar way, we need to **amp up self-care before a stressful event/situation** so that we are ready for it!

During this stressful period in which you have very little time, **do targeted, intensive, short self-care.**

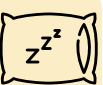
Taking 10 minutes for a brisk walk can help you to better focus for your studying.



Choose to order a nourishing meal like a salad instead of getting a burger and fries.



Make sure to get a few hours of sleep and try to squeeze in a power nap if you can.



How do we keep our self-care a priority in our daily lives?

Maintain a long-term perspective as the benefits of self-care build up over time.

Think of self-care like **putting money in the bank.**



Investing time into caring for yourself now will help you succeed and cope with stressful situations in the future.

Prioritize necessary tasks and practice saying "no" to others.

An assignment is due this week and you are asked to take on something else.

Gently say "no" and suggest another person.

If you don't feel saying no is possible, you can suggest alternative times or solutions.



We can also seek out support from a friend or family member if it gets to be too much.

FEEDBACK & CONTACT INFORMATION

**EDUCATION
FOR
MENTAL
HEALTH
RESILIENCE**

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Contact us for more information at
emhr@mccgill.ca

Dr. Nancy Heath
Director of EMHR
Faculty of Education



nancy.heath@mccgill.ca