

SELF-CARE FOR WELLBEING

WHAT IT IS & WHAT IT IS NOT

It is simple; you can't pour from an empty cup.
The secret to an extraordinary life is to take care of ourselves.
In looking after ourselves, we develop the capacity to care for others.

- Self-care is more than what we think.
- Self-care costs less than we think.
- Self-care is different to what we are told.



SomaSense

Self-care: What it Is & What it Ain't

WHAT IT IS NOT



IT IS NOT AN INDULGENCE

On the one hand self-care is entrenched in the consumer culture. In popular culture it is shown as indulging ourselves, spoiling ourselves with products and services that represent the good life.

IT IS NOT (ONLY) HEALTH & WELLNESS

In managed healthcare, self-care is considered the duty of every individual to pay attention to our own physical and psychological wellbeing. That way we take the pressure of the state and health services in particular. But self-care is more than physical and mental health.

IT IS NOT BEING SELFISH

Self-care is not an end in itself as the media sometimes wants us to believe. Looking after ourselves provides us with the vitality and strength to do what we need to do to make our immediate and wider world better. If I don't take good care of myself, I cannot live my purpose I cannot experience a meaningful life.

WHAT IT REALLY IS



IT IS CARING FOR A LOVED ONE

Obviously self-care means to care for ourselves & to care is to:

- have affection for someone
- feel love and concern
- be attentive
- provide for someone's needs
- look after someone - YOU!!

IT TOUCHES EVERY ASPECT OF LIFE

- body & mind
- thinking & attitudes
- emotions
- meaning & purpose
- relationships
- worklife
- environment and
- money & wealth



IT IS AN ACTION, NOT A FEELING

Self-care requires a conscious, deliberate and active process of reflection, exploration, choosing, planning, doing and evaluating as we change, as circumstances change.

