

# SELF CARE

## WHAT DOES SELF CARE MEAN

Self care means taking care of your own body and mind. To respect and value yourself is a crucial requirement for your physical and mental health. 'Healthy egoism' is helpful to not overlook and suppress your own needs.

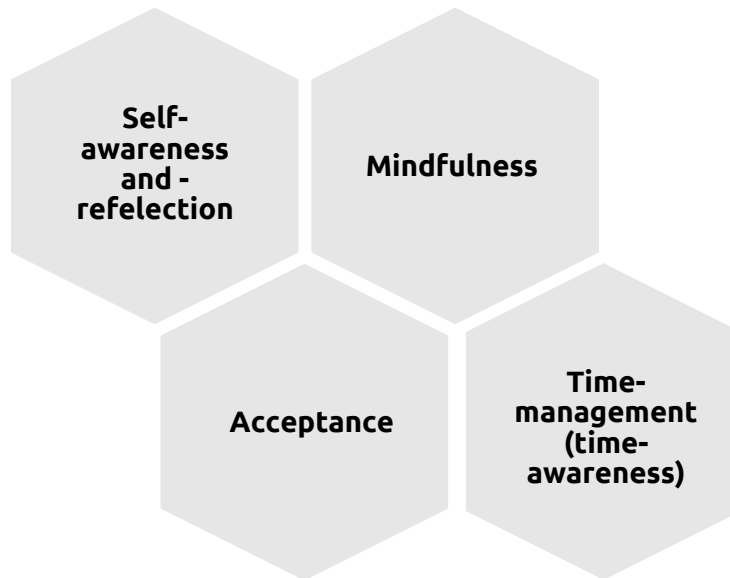
## GOOD REASONS

- Opposite of 'self-exploitation' and permanent self-optimizing
- Respect for one's own needs
- Healthy egoism
- Essential component for physical and mental health
- Self-determination
- Better relationship to yourself and thereby to your social surroundings
  - ➔ More energy, contentment and good relationships

## SELF CHECK

	Yes, often	Occasionally	No, not enough
I perceive my needs and what is good for me physically.			
I live according to my values and what is important to me.			
I schedule in times to take care of myself and my needs.			
I know what is draining my energy.			
I take time to listen to my needs.			
I am grateful for everything I have.			
I set boundaries towards other people (that drain me).			
If needed I can say "no" to things (and people).			
I look for support from others and get help when I need it.			

## KEY FACTORS



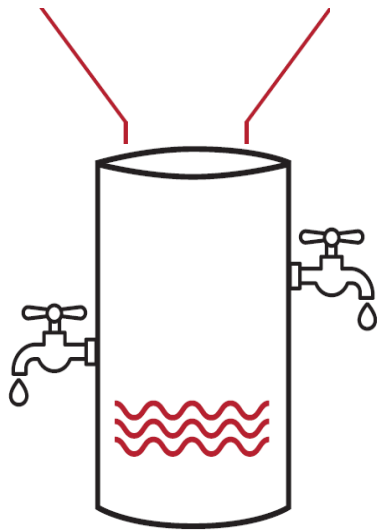
## MINDFULNESS

= Consciously (re-)directing your attention and focus to experiencing the present moment

- enables you to feel "what is"
- awareness of thoughts, feelings and needs
- enables you to focus on your own needs
- is the key to inner balance when stress, uncertainty and tension encompass everyday life
- is emotional intelligence (empathy towards yourself)



## SELF-AWARENESS: MY PERSONAL ENERGY TANK



Do I respect my own energy gauge?

Do I listen to the (stress) signals of my own body and mind?

Which signals do I know and in which area are they to be classified?



## SELF-AWARENESS: OVERHEATED REACTIONS

### THE 4 A'S

**Alarm**

(introspection) early recognition of stress signals / inappropriate reactions

**Air**

(breathing/cooling down) Internal sorting and containment of excessive reactions → simple, short breathwork or movement

**Analyse**

Realistic assessment of the situation (Is it worth the trouble?

How bad is it really?) Consciously choosing an option for action

**Action:**

rescheduling, delegating, looking for support, etc.

or distraction: sports, music, conversations, etc.

## ACCEPTANCE

- Accept what you can't change
- Self-acceptance
  - Avoids wasting energy caused by negative emotions (anger, searching for someone to blame, complaining, avoidance)
  - Enables the chance to focus on what can be changed and influenced.

## SELF-ACCEPTANCE: KNOWING THE INNER DRIVERS

- **Impatience** (wanting to get everything done as quickly as possible, wanting to do as much as possible at once)
- **Perfectionism** (wanting to please everyone, high self-demands, always striving for harmony)
- **Lone fighter tendency** (wanting to take care of everything yourself, striving for independence, not wanting to accept help)
- **Control-freak** (desire for security, overcautiousness, fear of losing control and making wrong decisions)
- **Overwhelming expectations** (unable to say no, unrealistic timing)
- **Recognition** (high need to belong and be accepted, fear of rejection)
- **Pessimism** (focusing on the negative aspects of a situation, visualizing negative consequences)

## TIME AWARENESS AND TIME MANAGEMENT

The lack of time often is the biggest challenge that we have to overcome, when it comes to integrating self-care into everyday life. So it is crucial to prioritise the little time, that remains besides job and all the other obligations.

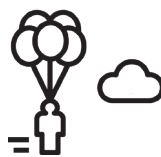
- Identify your time robbers and get them out of your way
- Specifically reserve time slots for 'me time' and communicate this to the important persons around you
- Fill valuable time with valuable things: What brings you energy, peace and quiet, satisfaction and happiness? Fill your free time with these things!
- Enjoy!

# POSITIVE DIARY

This is an effective method for not losing sight of the small pleasures of everyday life: Keep a positive diary for each day, recording ten pleasant events each day. These can be little things like a nice conversation, a delicious piece of cake or a smile.

Why exactly ten things? You have to make an effort. Three things are easy to find! But the aim is to raise awareness of the many pleasures of everyday life. This will make it easier for you as time goes on. If you don't find ten points, add things you are grateful for.

**You will suddenly find yourself unconsciously searching for positive things and associate positive emotions with situations to which you have paid little attention to so far.**



Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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10							

# YOUR MOMENTS OF ENJOYMENT

Take the time to consider what things and activities bring you joy or after which activities you feel satisfied and happy. Self-care is about listening within and feeling what you need right now.

**Tick off the activities that you would like to integrate (again) more often into your everyday life and add your own personal moments of enjoyment to the list:**



Taking a (forest) walk Reading a

good book

Breakfast in bed

Crafting

Eating ice cream

Making music

Swimming

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Cooking/ordering my favorite food

Taking a hot bath

Walking barefoot

Sitting by the lake

Meeting with friends

Dancing

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**TIP: Plan your next 3 moments of enjoyment now with a specific date and time!**