SELF-CARE Wheel

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care. This self-care wheel identifies various aspects of self-care that offer a simple action plan to manage stress and help you lead a more balanced everyday life.

SLEEP

There is a close connection between sleep and mental health as inadequate sleep is associated with an increase of frequent mental distress. A good night's sleep helps foster both mental and emotional resilience. It is recommended that healthy adults need between 7 and 9 hours of sleep per night.

NUTRITION / EXERCISE

Exercise helps strengthen ones mental health.Exercise releases chemicals like endorphins and serotonin that improve your mood. Additionally, better quality diets are consistently associated with reduced depression risk

SOCIAL INTERACTION

Social connection is a fantastic resource for your self-care. Social selfcare means having loving, healthy, and supportive relationships. It makes us feel appreciated and gives us a sense of belonging.

SELF CARE

HOBBIES/INTERESTS

Spending time doing something that you enjoy such as painting, art, knitting, crochet or any activity that brings you pleasure will help increase your moods and lower your stress levels.

GRATITUDE

Gratitude is a highly effective resource for self-care.Practicing gratitude is one way we can take time to reflect on the things that we value and appreciate. Research indicates that by practicing gratitude daily you can increase your mental well being.

BOUNDARIES

Setting personal boundaries is an important part of your own self care and can help you honour and respect your own emotional, psychological and physical needs.

