

# SELF-CARE: ADDING SELF-CARE TO EVERYDAY LIFE

While you may know that self-care is a vital aspect of your physical, emotional, and mental well-being, it's often the first thing you may neglect when life gets hectic.

That said, when talking about self-care, consistent effort is the key to bridging the gap between knowing about self-care and actually achieving mental well-being.

It's easy to fall into the trap of putting others' needs before your own, or simply feeling too overwhelmed to take a moment for yourself.



But the truth is, self-care is not a luxury, it's a necessity. It's about taking the time to nurture and care for yourself, so you can show up as your best self in all areas of your life. **Self-care is more like a small ritual or practice, like digging a well so that when you need water, you have it.**

**And just like digging a well, it's important to do it consistently, so you always have access to the water you need. However, sometimes life gets in the way and you neglect your self-care routine. This is where after-care comes in. After-care is more like digging a well when you are thirsty.**



Remember, self-care and after-care are both important aspects of taking care of yourself. By practising self-care consistently, you can continue to nourish yourself. But when life gets in the way and you need extra support, after-care is there to help you get back on track.

## It's not selfish, it's self-preservation.

You can try to figure out a way to take care of yourself that doesn't affect other commitments. **Start by creating a self-care routine that works for you, based on things you enjoy doing, and the time and energy you have on a particular day.** And of course, it's important to know that self-care isn't always the BIG thing you do. It can also be the little, simple things you do every day, like reading a story before bed. With the right tools and mindset, adding self-care to your daily routine can be a truly transformative experience.



So, how can you make self-care a priority? By scheduling it in your calendar every day!

Okay hop in, and let's explore some creative and practical ways to incorporate self-care into our everyday lives, and prioritize the most important relationship we have - the one we have with ourselves.

However, it can be challenging to identify what self-care activities work for you and how to add them to your daily routine. So here's a step-by-step guide to help you identify which self-care activities you enjoy and how you can include them in your daily life.



### Step 1

#### What's self-care for YOU?

The first step in incorporating self-care into your daily routine is to know what it means for you and what you'll need to include in your daily life. For example, if self-care for you means prioritising your needs or nurturing yourself, you'll need discipline and consistent efforts to make it your everyday reality.

- 1.
- 2.
- 3.



## Step 2

### What do you enjoy doing?

The second step is to identify what activities you enjoy. Ask yourself the following questions and note down your thoughts:

Q1. What are some activities that make you feel calm and happy?

Q2. When you feel stressed or overwhelmed, what do you like to do?

Q3. What are some activities that you usually enjoy, but haven't had the time to do in a long time?

Q4. What are some new skills or activities you would like to indulge in?



### Step 3



#### What does your current schedule look like?

After knowing your schedule, you can identify some time slots where you can fit your self-care activity. To evaluate your schedule, ask yourself the following questions:

Q1. What do I do during the day?

Q2. What are some things I can eliminate from my daily routine?

Q3. When do I feel the most fresh and energised during the day?

Q4. How much time can I spend on self-care on a day-to-day basis?

### Step 4

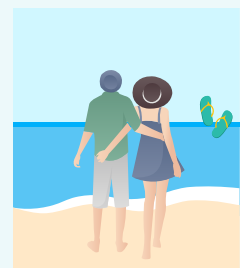


#### It's time: Let's pick some self-care activities!

After understanding how your daily schedule looks and identifying the activities that make you feel refreshed, let's move to the next step! Let's create a small list of self-care activities you can do realistically to feel recharged every day. We'll go first!



- A calming bath
- Lighting a candle and reading a good book
- Art-ing it out!
- Writing down some self-affirmations
- Catching up with friends
- Cooking a delicious meal
- Going for a walk at the beach to tune out



P.S. Feel free to try out some of our favourite activities- who knows? you may find something that gives you some peace of mind!

**Remember, the idea of self-care is different for everyone. You don't have to do what everyone likes.** Instead, take time to identify what you enjoy as a part of your self-care to tune out from your day and tune in with yourself!

Once you've done this, try to make a rough table of which activities you'd like to do on which days. You can change what you do whenever you want, but the most important thing is to remind yourself to take care of yourself.

Remember that taking care of yourself is important for your mental health and overall health. By finding and doing self-care activities every day, you can reduce stress, improve your mood, and feel happier and more relaxed. At first, it may seem hard, but if you keep trying, you'll get there.

### You know you've got this, don't you?

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

