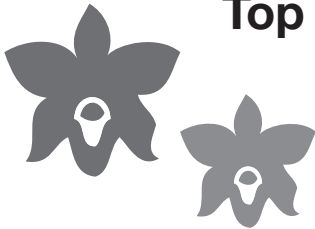


Top 10 Things You Should Know About...

SELF CARE



- 1.** The only way you can be there for your friends and family is to look after yourself first. Parents are especially notorious for putting themselves last.
- 2.** You can't give what you don't have. Make sure to meet your own needs so you can share your unique qualities with others.
- 3.** Self care includes meeting all your needs – mind, body and soul.
- 4.** What you need may be quite different from what others need – self care is an individual process.
- 5.** Getting lots of sleep and eating nutritious meals are vital elements of self care.
- 6.** Not looking after yourself can lead to burnout.
- 7.** Pampering yourself with a day of doing something you love is a great way to rejuvenate.
- 8.** Make time to hang out with your favourite friend or family member.
- 9.** Spend a day feeding your mind with positive and inspirational thoughts. You are what you think!
- 10.** You can spend a lot of money on self care or none at all. Don't forget that laughter is often the best medicine and can do wonders for your wellbeing!

Considering your own wellbeing might be difficult if you're used to putting others first. If you need some self care ideas that are inexpensive but highly effective, talk to your Case Coordinator about what workshops and resources are available to support you.

