

# Self-Care

**Self-care** essentially means taking care of yourself. It means that we are attuned to our needs, recognize when our resources are getting depleted, and giving ourselves time to recharge.

## Why is it important and how do we implement it in our lives?

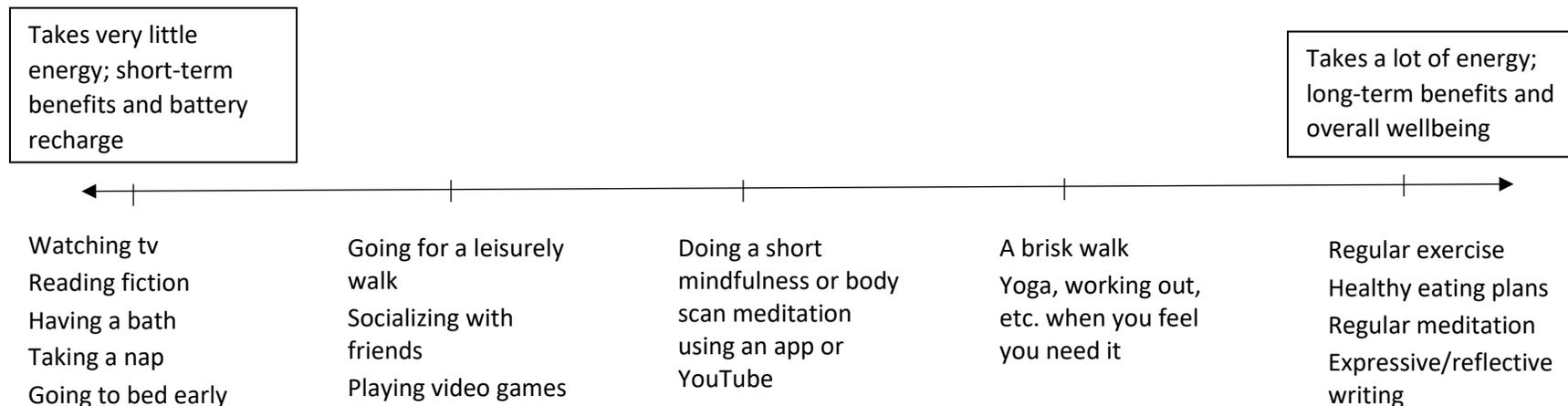
If we don't take care of ourselves, we will not be well (first and foremost) and we will be unable to dedicate the time and energy we would like to all of the things we'd like to accomplish and people we have relationships with.

In order to have the time and space to care for ourselves, we need to have boundaries in place. If we don't our time and energy will be taken up by the demands around us and we won't have anything left for ourselves. Boundaries are important because they prioritize our well-being. We cannot effectively and consistently do anything for anybody else that we will not do for ourselves. It is the work we do to build and sustain relationships, starting with the relationship with ourselves. See Boundaries handouts for more information and especially if this sounds difficult for you.



## Self-Care Continuum and Examples:

Self-care happens on a continuum and everybody's continuum will be different. Make a list of activities that you find helpful (see self-care wheel for help).



## My Personal Self-care Continuum

Make your own personal self-care continuum based on what takes little or a lot of energy for you and what you are interested in pursuing. Use the self-care wheel to make sure you are choosing items from every area of wellbeing.

Takes very little energy  
for me; short-term  
benefits and recharges  
my batteries

Takes a lot of energy for  
me; long-term benefits  
and overall increased  
wellbeing for me

