

## Redefining Self-Care & How to Implement

*Emily Nykamp, LLMSW | Outpatient Therapist*

### Redefining Self-Care:

It is the practice of being in-tuned to what your needs are and addressing them to promote personal health and well-being in day-to-day life. Areas of self-care can include your physical, mental, emotional, and spiritual health.

What people think self-care is:	What self-care actually is:
A one-time treat yourself activity	A constant practice of monitoring your needs and taking action to meet them
It takes a lot of effort and time	It can be small habits you can incorporate into your daily or weekly routine
It's selfish	It prioritizes your health and wellbeing
It's optional	It's necessary for promoting your best self in everything you do
It has to be earned	It can be done anytime you decide it is needed
It has to be fun and exciting	Sometimes it can be hard, but it can help set yourself up for future success

### Types of Self Care:

#### 1. Physical Health

- a. Doing any sort of movement throughout the day whether it be going to the gym or deciding to take the stairs instead of the elevator this time.
- b. Set personal hydration and diet goals.
- c. Create a nighttime routine to enhance sleep quality and a morning routine to set yourself up for the day.

#### 2. Mental Health

- a. Make to-do lists and prep ahead on tasks for the week.
- b. Devote time for relaxation activities, hobbies, creative outlets, or anything that brings you joy.
- c. Check-in with trusted family and friends or seek professional help.

#### 3. Emotional Health

- a. Practice setting personal boundaries in relationships such as sharing expectations, learning to say "no", and expressing your honest feelings with others.
- b. Practice self-compassion in offering yourself grace when things don't go as planned.
- c. Reflect on what energized you in the last week vs. what drained you.

#### 4. Spiritual Health

- a. Attend church or participate in spiritual events.
- b. Practice routine devotionals, prayer, or meditation exercises either through a phone app, YouTube videos, or a journal.
- c. Practice gratitude in reminding yourself of things you are grateful for and the challenges you have overcome.