

# Wellness Bulletin

OCTOBER 2020

## FOCUS ON MENTAL HEALTH SELF-CARE TIPS

Maintaining good mental wellbeing and resilience helps you to enjoy the best parts of life and to adjust and grow through the challenging times.

Now more than ever, it is important to be proactive in practising self-care and doing what you can to take care of your mental health. Self-care can give you something positive to focus on that is within your control, especially when you're in difficult circumstances that might be out of your control.

Rather than seeing self-care as selfish, try to see it as an essential life skill that builds resilience and wellbeing and allows you to function at your best.

## FINDING THE RIGHT FIT FOR YOU

Self-care is most effective when it is a good fit for you – based on your personality and circumstances. Yes, it can be helpful to get ideas from other people but ultimately, it's best to stay in your "own self-care lane" rather than getting caught up in the "shoulds".

Also, make sure that whatever self-care practices you adopt are good for you in the short-term and the long-term. If "self-care" activities end up causing you issues down the track, then it may not truly be an act of self-care. Some examples of this may be spending beyond your means, drinking alcohol to a problematic extent, staying up too late bingeing TV shows, over-eating, or avoiding important tasks.

Taking care of your mental health isn't just about pampering or "Treat yo' self" style days featured in the TV show Parks and Recreation. The heart of self-care lies in; allowing yourself to be human, paying attention to (and acknowledging) how you're feeling, thinking and functioning, and meeting your own needs with kindness and wisdom.



Here are some self-care ideas that can get you started but remember, this is about finding what works for you and there are many other ideas not on this list!

- ✓ Give yourself time and permission to rest
- ✓ Regularly do activities that bring you joy
- ✓ Move your body in enjoyable ways
- ✓ Eat nutritious food that nourishes your body
- ✓ Practise mindfulness and being in the moment
- ✓ Practise deep/slow breathing
- ✓ Give yourself kindness when you're having a difficult time
- ✓ Go to bed early
- ✓ Do activities that help you to slow down
- ✓ Savour a cup of tea, coffee or a snack
- ✓ Keep a gratitude journal or think about what you're grateful for as you fall asleep
- ✓ Spend time in nature
- ✓ Listen to music
- ✓ Learn a new hobby
- ✓ Practise saying no and/or setting boundaries on time/energy "suckers"
- ✓ Have some social media/phone-free time
- ✓ Journal about your feelings and experiences
- ✓ Do something for a cause that's important to you
- ✓ Connect with important people in your life
- ✓ Do something you found fun as a child
- ✓ Connect to spiritual beliefs and practices
- ✓ Listen to podcasts and audiobooks, or read a book
- ✓ Set small, achievable goals
- ✓ Start making your bed every morning

If you're feeling overwhelmed or you haven't been feeling like yourself, it's important to ask for help, emotionally and practically. You can seek professional help from your GP, or contact us as your EAP Provider and speak to one of our professional and experienced counsellors.

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FOR MORE INFORMATION PLEASE CONTACT SMG HEALTH

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