

Self-Care

What is Self-Care?

It seems self-care is the buzz word lately. What is self-care and why should one incorporate it into their life? Self-care can best be defined as an active and individual choice to engage in the activities required to gain or maintain an optimal level of overall health. Self-care is adopting healthy lifestyle changes, stress management behaviors and taking care of yourself.



Self-care started as a holistic approach to healthcare with suggestions to exercise, eat healthy, practice good hygiene, and limit drinking alcohol and stop smoking. Recently self-care has included components of mental and spiritual well-being. There are 6 components to self-care which include physical health as well as psychological, emotional, spiritual, social, and intellectual.

Why is Self-Care Important?

Most of us don't think about the effects of not taking care of our body until something happens health wise and we don't have a choice. Living in the moment with not taking care of yourself may have catastrophic consequences. By taking the time to listen to your body when it's asking for rest, nourishment, medical attention, and recharging can refuel and replenish yourself in the areas it's asking for. Stress can play a huge factor on our bodies without one even realizing it. Self-care is doing something that counteracts the stress. Establishing self-care habits is an important part of living healthy.



What are some examples of Self-Care?

These are several ideas or activities to incorporate the different components of self-care. The important thing is to find whatever works for you.



Get plenty of sleep
Take time off from work
Spend time in nature

Eat a healthy diet
Write in a journal
Meditation

Exercise regularly
Spend time with others
Pursue a hobby

Take a break from technology
Get medical check-ups
Eliminate tobacco
Foster friendships

Practice good hygiene
Get “me” time
Draw
Say an affirmation

Watch a movie
Relax in the sun
Plan goals
Address negative self-talk

You can write a contract listing the habits you want to start pursuing and list any obstacles and solutions to help you get started. Putting yourself first is a tough choice and takes hard work but with practice, you may find yourself feeling better in mind and body.

What the EAP can do.

If these tips don't work for you, or if you think you need something more, phone your EAP. The EAP will help you find a way to feel good again.
To find out more call **1-877-313-4455**.

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