

A whole person approach to wellbeing

Self-care recognises that you are your own greatest asset.

Self-care is care provided, “for you, by you” and involves treating yourself with the same self-compassion and kindness as you treat others. When self-care becomes part of our everyday lives, we are able to replenish our capacity for empathy and care, and become more resilient in the face of stress and difficulties. The following factsheet explores self-care practices that enhance wellbeing in six important life domains: physical, emotional, psychological, spiritual, social, and professional.



Physical

Caring for your physical health is an important part of your overall wellbeing. Physical self-care often involves developing healthy daily habits that may include:

- Eating nourishing and healthy foods
- Sleep hygiene practices
- Movement and physical activity
- Sunlight and time outside
- Staying hydrated
- Resting when tired or unwell
- Prioritising health check-ups and appointments

Emotional

A key aspect of our emotional wellbeing involves being curious about our emotions, and attentive to what they might be teaching or signalling to us. Some key emotional self-care strategies might include:

- Reflecting emotions and feelings
- Expressing emotions and feelings (e.g. talking, writing)
- Experiencing wonder, joy or gratitude
- Appreciating your own strengths
- Relaxation, mindfulness or grounding practices
- Practicing becoming comfortable with discomfort

Spiritual

Caring for our spiritual wellbeing means connecting to practices which give our lives a sense of meaning or purpose, for some people this might include:

- Connecting with nature, land and the seasons
- Connecting with a faith community
- Reflecting on your own personal values and beliefs
- Allowing time for personal reflection and solitude
- Appreciating beauty (e.g. art, poetry, nature)
- Mindfulness or grounding practices

Psychological

Paying attention to both your own thought patterns and the content of your thoughts are important aspects of psychological wellbeing. Other strategies can include:

- Creating a to-do list
- Using problem-solving strategies
- Noticing your thoughts and self-talk
- Enjoying hobbies and interests
- ‘Unplugging’ from technology
- Taking breaks from responsibilities
- Learning a new skill or hobby

Social

You were never meant to do it alone. Humans are social beings and finding ways to meaningfully connect with others is a fundamental aspect of wellbeing. Some helpful activities might include:

- Spending time with family or friends
- Spending time in your local community
- Initiating and inviting others to spend time with you
- Meeting new people and trying new experiences
- Spending quality time with a loved one
- Engaging in service of others or a meaningful cause

Professional

The way we approach our professional life can have significant impacts on our wellbeing. Strategies to care for ourselves within the workplace might include:

- Taking regular breaks
- Balancing work with leisure activities
- Staying within professional boundaries
- Seeking support when required
- Engaging in professional development
- Maintaining a growth mindset