

What is Self-Care?

Self-care is considered the art of being mindful of one's own needs, and it is crucial because it helps maintain a healthy balanced life. When self-care is implemented into one's daily routine, it can help improve mental health, physical health and also aids in stress management

Our minds, bodies, spirits and emotions need to work in balance if we want to achieve optimal wellness!

Self-care & you

Self-care is subjective and unique to every individual!

We all experience different life-stressors at different stages in our lives. We find comfort/interest in a variety of things that others may not.

When developing your self-care practice, dive into self-reflection and find what works for you!

What's stopping you?

Self-care seems simple... but there are many barriers that prevent us from taking care of ourselves in a positive way!

Burnout: When we get overwhelmed with daily life responsibilities, we may experience burnout. Our bodies will shut down if we do not take care of it. If we do not meet the needs of the four dimensions of self-care, our lives will be out of balance. Self-care can help us avoid burnout by balancing our work with self-love!

Stigma Awareness: Unfortunately, we live in a society where everyone is not treated equally. Many individuals face stigma and discrimination due to their position in society. People of color, Indigenous communities, Women/Gender minorities, LGBTQ2IA+ individuals, and people living with disabilities all face barriers to self-care. Awareness of the stigma that affects us will allow us to combat these issues with self-love!

Visit these websites to access our FREE Self-Care Toolkit and start your self-care journey today!

www.topyouth.ca

www.sexualhealthmatters.ca

4 Dimensions:

The emotional dimension helps individuals understand their emotions, cope with challenges, and develop healthy relationships. When we tend to our emotional needs, we cultivate a greater sense of compassion, kindness, and love for ourselves and others.

The physical dimension of self-care encompasses safety, health, nutrition, movement, physical touch, and sexual needs. When you practice activities for your physical well-being, you can increase your energy levels and boost your self-esteem

The psychological dimension is about finding the balance between stimulating your mind and giving your mind a break, and this can help with creativity, innovation, and continual learning.

The spiritual dimension involves a personal practice that allows you to follow the values and beliefs that give you purpose. Dedicating time to this dimension can help you find more meaning in life, develop a sense of belonging, and find a connection to something greater than yourself.