

Self Care

Barnet Integrated Clinical Service



This leaflet will cover

What self-care
is and isn't

Why self-care is
important

Different types
of self-care and
tips for how to
fit them into
your schedules

What might get
in the way of
self-care and
how can I
overcome this?

What is self – care?

- There is no right or wrong answer when it comes to self-care!
- Self-care is about playing an active role in protecting your own well-being and happiness
- Self-care is totally individual and varies greatly between people
- It includes anything that makes you feel calm and centred

What isn't self – care?

- It is not something that we force ourselves to do, or something we don't enjoy doing.
- “Self-care is something that refuels us rather than takes from us”
- It is NOT a SELFISH act. It is not all about considering our needs; it is rather about knowing what we need to do in order to take care of ourselves and subsequently being able to take care of others, as well.
- “If I don't take enough care of myself, I won't be in the place to give to my loved ones either.

Why is it important?

*gives
motivation*

Self-care

**GIVES
ENERGY**

*helps
you
focus*

**REDUCES
STRESS**

**IMPROVES
PERFORMANCE**

Consequences of not practicing self-care

- Difficulty concentrating
- Strain/distancing from spouse or partner
- Less patience with children
- Reduced performance at work
- Less motivation to engage in social activities
- Low energy
- Feeling of hopelessness
- Headaches, stomach aches & other physical symptoms associated with stress
- Difficulty falling or staying asleep
- Challenges in choosing healthy foods and urges to eat 'comfort' foods



How do you practice self-care?

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



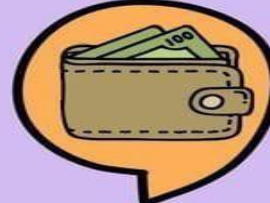
PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self



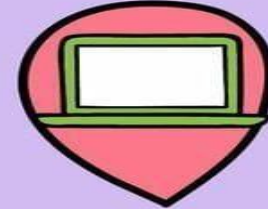
SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space



FINANCIAL

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills



WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

How often do you practice self care?

Self-care is important. Here are 15 ways to take care of yourself!

- pampering session
- eat healthy
- coffee/tea break
- listen to a podcast
- take photos
- read
- visit a friend
- sleep
- take a long drive
- exercise
- go on a nature walk
- journal
- sit in the sun
- unplug
- pray

What is SMART Self-Care

Self-care for your child is much more likely to be fulfilling and enjoyable when the activities chosen fit with the SMART principles.

This means encouraging your child to take part in self-care activities are tailored to their specific wants and needs .

It also helps if these activities are scheduled into their weekly routine to ensure they have enough time to enjoy them.

Specific



Measurable



Attainable



Relevant



Time-based



What might get in the way of self-care?

- Time (constriction of time)
- Stress about day to day matters or jobs, family.
- Not prioritising/ not as important
- Consider your own examples?

Problem Solve

- Identify what is preventing you from incorporating self-care into your routine
- Come up with possible solutions
- Choose a solution

Self-Care Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Watching my favourite TV show			Bubble bath before bed		Talking to a friend while cooking dinner	

Websites for supporting children and young people

- **Winston's Wish:** <https://www.winstonswish.org>
- **Childhood Bereavement Trust UK:** <https://www.childbereavementuk.org>
- **Grief Encounter:** <https://www.griefencounter.org.uk/>
- **CRUSE:** <https://www.cruse.org.uk>
- **Hope Again:** www.hopeagain.org.uk
- **Childhood Bereavement Network:**
www.childhoodbereavementnetwork.org.uk/covid-19.aspx
- **Sudden:** <http://www.suddendeath.org/covid-19-bereavement>

Websites for supporting parents

- [The Compassionate Friends \(tcf.org.uk\)](https://www.tcf.org.uk)
- [Bereavement support after the death of a baby or child - The Lullaby Trust](#)
- [Bereaved parent support - Care for the Family](#)
- [Child Bereavement UK](#)
- [Coping with losing a child – The Good Grief Trust](#)
- [How to help someone bereaved | Cruse Bereavement Care](#)
- [Home – The Good Grief Trust](#)

Suggested books



Books for Children and Adults to Read Together

- **The Day the Sea Went Out and Never Came Back.** Margot Sunderland and Nicky Armstrong.
- **Someone Has Died Suddenly.** Mary Williams. (www.suddendeath.org)
- **The Secret C: Straight Talking About Cancer.** Julie A. Stokes
- **Muddles, Puddles and Sunshine.** Diana Crossley
- **Someone I know has died.** Trish Phillips.
- **When Someone Very Special Dies.** Marge Heegard
- **What Does Dead Mean?** Caroline Jay and Jenni Thomas,

Books for Younger Children (Nursery and KS1)

- **Goodbye Mousie.** Robie H. Harris
- **When Uncle Bob Died.** Althea
- **Dear Grandma Bunny.** Dick Bruna
- **Badger's Parting Gifts.** Susan Varley
- **Always and Forever.** Debi Giliori and Alan Durant
- **Are You Sad, Little Bear? A Book About Learning To Say Goodbye.** Rachel Rivett
- **I Miss You: a First Look at Death.** Pat Thomas
- **Is Daddy Coming Back in a Minute?** Elke Barber & Alex Barber
- **Missing Mummy.** Rebecca Cobb

Books for KS1 and KS2

- **Flamingo Dream.** Donna Jo Napoli
- **Fred.** Posy Simmonds
- **Granpa.** John Burningham
- **Why Mum?** Catherine Thornton
- **Saying Goodbye to Daddy.** Judith Vigna
- **Remembering.** Child Bereavement UK



Books for KS2 and KS3

- **The Cat Mummy.** Jacqueline Wilson
- **SAD BOOK.** Michael Rosen
- **Ways to Live Forever.** Sally Nicholls
- **What on Earth Do You Do When Someone Dies?** Trevor Romain



Books for KS3 and KS4

- **The Charlie Barber Treatment.** Carole Lloyd
- **The Lost Boys' Appreciation Society.** Alan Gibbons
- **Still Here with Me: Teenagers and Children on Losing a Parent.** Suzanne Sjoqvist
- **Sometimes Life Sucks: When Someone You Love Dies.** Molly Carlile
- **We Get It.** Heather L. Servaty-Seib and David C. Fajgenbaum
- **Rory's Story.** Anna Jacobs
- **When a Friend Dies – A Book for Teens About Grieving and Healing.** Marilyn Gootman
- **Straight Talk about Death for Teenagers.** Earl Grollman
- **Healing Your Grieving Heart for Teens: 100 Practical Ideas.** Alan D.Wolfelt

Take home message

SELF-CARE IS
NOT SELFISH.
YOU CANNOT
SERVE FROM AN
EMPTY VESSEL.

