



Self-care and Self-compassion - Discussion Notes

What does “Self-care” mean to you?

- Looking after myself – practical. How do I feel? What do I need?
- Taking time out for yourself
- To create an environment where I feel comfortable
- Clean space/clear and decluttered
- Chi chat and laughter/having fun
- Sleep routine – not staying up too late
- Being firm with yourself – prioritise
- Looking after yourself – physically/mentally and religion

How can Self-care help us (and others)?

- Physically healthier – more aware and can easily spot anomalies
- Improve our health and mood
- More patient, kind and caring with others
- More positive and happy – better life decisions
- If not – tactfulness declines
- Life in balance/harmony – all good (sometimes fragile – domino effect)
- More relaxed/clearer and approachable
- Brain fog/disconnected
- Even if we try and hide it – invisible signs
- More balance/present in the moment
- Out of balance – less considered decisions
- Age better/Preventative care
- Healthy – help others (not being a burden)
- Objective/emotional decisions
- Avoid burnout/other challenges

- Practical and safer to address

How much self-care and what kind?

- Walk the dog/clean pets
- Teaching daughter self-care and respect of her body
- Appointment for monthly manicure/pedicure
- My time
- Getting out and about
- Play Piano
- Boundaries around work and working hours – impacts others
- Turn work/mobile phone off/don't look at emails
- Exercises and breathing exercises
- Putting small steps in place
- Belief/trying different things
- Snowballs if we don't control it
- Have fun!
- Need to get better – more consistent
- BFF

How can we build in more self-care?

- Log off/ignore PC/tablet/phone
- Streaks app – set and add goals/checklists
- Identify role models and learn from them/buddy
- Little thins and small amount of time – short breaks
- Find your rhythm
- Schedule/plan v Just do it!
- Get away
- Monthly massage
- Use work diary to plan in appointments/schedule time for self



- Block time in diary that people can't book
- Take a ½ day to do stuff for ourselves
- Share plans with others
- Regular medical check-ups

Takeaways and actions

- Stop!
- Start!
- Changing language around self-care (positive and good)
- Acknowledge I could do more (but doing ok)
- Massage!
- Be serious about self-care – less serious in general/reduce stress
- Let go of “not having time”
- Maintain S-C and improve
- Take little steps (and carry on)
- Recognise when I'm not making the right choices – for future
- Bring more positive language about my self-care