



How does **SELF-CARE** help with Burnout and overall Mental Wellness?

- **REDUCES TIREDNESS:** if you can manage everyday life without excessive tension
- **IMPROVES PERFORMANCE:** your performance in work, sport or music can be raised through self-awareness and control of tension
- **REDUCES PAIN:** pain can occur as a result of tension (headaches / backaches). Relaxation can help you to cope by raising your pain threshold and reducing the amount of pain
- **COPING WITH STRESS:** relaxation helps you to reduce the effects of stress and breathe effectively
- **IMPROVES SLEEP:** by allowing you to be calm and peaceful
- **IMPROVES SELF CONFIDENCE:** by increasing your self-awareness and ability to cope with daily life
- **IMPROVES PERSONAL RELATIONSHIPS:** it is easier to relate well to other people when you are relaxed and self-confident

RELAXATION AND STRESS:

When we feel anxious or stressed, it's our body's natural response to feeling threatened, the alarm system which helps us deal with danger: our breathing rate increases, as does our blood pressure, heart rate, muscle tension, sweating, state of mental arousal and adrenaline flow. A lot of the time, we don't need those survival responses, so relaxation helps to decrease that adrenaline response, to let it go.



Use the rating scale to rate the following areas in terms of FREQUENCY:

0 = NEVER

1 = RARELY

2 = OCCASIONALLY

3 = FREQUENTLY

Physical Self-Care:

- _____ Eat regular healthy meals
- _____ Exercise
- _____ Get regular medical care
- _____ Take breaks
- _____ Dance, swim, walk, run, play sports, sing, or do some other physical activity that's fun
- _____ Get enough sleep
- _____ Wear clothes you like
- _____ Take day trips or mini-vacations
- _____ Take time away from gadgets
- _____ **TOTAL**

Psychological Self-Care:

- _____ Write in a journal
- _____ Read for pleasure
- _____ Do something at which you are not an expert or in charge
- _____ Create a comfortable space where you live
- _____ Make time to complete tasks
- _____ Be aware of your self-talk
- _____ Try new things
- _____ Allow others to help you
- _____ Say no to things you don't want to do
- _____ **TOTAL**

Emotional Self-Care:

- _____ Spend time with people whose company you enjoy
- _____ Stay in contact with important people in your life
- _____ Give yourself affirmations/praise
- _____ Accept yourself as you are now
- _____ Re-read favorite books, review favorite movies or TV shows
- _____ Identify comforting activities, objects, people, relationships, and places and seek them out
- _____ Allow yourself to cry
- _____ Find things that make you laugh
- _____ Play with children or animals
- _____ **TOTAL**

Spiritual Self-Care

- _____ Spend time outside
- _____ Find a spiritual connection or community
- _____ Be open to inspiration
- _____ Appreciate the little things
- _____ Identify what is meaningful to you and notice its place in your life
- _____ Meditate or pray
- _____ Volunteer
- _____ Practice gratitude
- _____ Be open to not knowing the answers
- _____ **TOTAL**