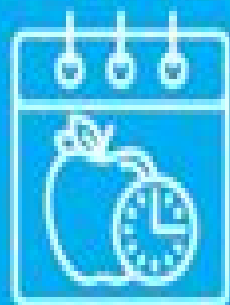
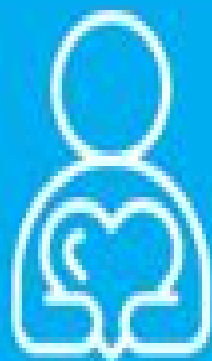


THE 5 AREAS OF SELF-CARE



PHYSICAL

- Get enough sleep
- Exercise
- Eat regular and healthy foods



EMOTIONAL

- Take time to pause
- Practice positive self-talk
- Find joy in small things – laugh and smile



SOCIAL

- Call, text with friends and family
- Practice healthy social media habits
- Develop a strong support group



SPIRITUAL

- Spend time in nature
- Meditate
- Practice regular acts of kindness



PSYCHOLOGICAL

- Be creative
- Continuous learning
- Practice mindfulness

Self Care

Anna Borges



Self Care:

Self-Care Every Day Antti Ervasti, Matti Pikkujäämsä, 2022-02-17 This warm hug of a book takes you through the day with insight kindness and encouragement With a host a furry friends to guide you discover how to tackle everyday problems from Monday morning blues to low self esteem burnout to workplace tensions Combining humour warmth and wisdom this book provides practical tips to help establish a better work life balance and to navigate the challenges and demands of modern life Whether you need some words of comfort to set you up for the working week tips on cultivating healthy habits or a reminder of the importance of self compassion you will find your answer in these pages Finnish psychotherapy professional Antti Ervasti is on a mission to make mental health visible shining a light on everyday challenges big and small through the charming imperfect and utterly relatable animal figures of Matti Pikkujäämsä's illustrations We hope that our illustrations are easily approachable offer our readers solace encouragement and understanding and offer a platform for a more visible mindscape Antti and Matti Warmth and humour are often the best antidotes when trying to silence the inner critic Helena Aatsinki Psychotherapist *Counselor Self-Care* Gerald Corey, Michelle Muratori, Jude T. Austin, II, Julius A. Austin, 2017-12-08 Self care is critical for effective and ethical counseling practice and this inspirational book offers diverse realistic perspectives on how to achieve work life balance and personal wellness from graduate school through retirement In addition to the authors unique perspectives as professionals at different stages of their careers guest contributors ranging from graduate students to new professionals to seasoned counselors share their experiences and thoughts about self care including what challenges them most Both personal and conversational in tone this book will help you to create your own practical self care action plan through reflection on important issues such as managing stress establishing personal and professional boundaries enhancing relationships and finding meaning in life Counselors face the obstacle of remembering to care for themselves while focusing on caring for others In *Counselor Self Care* Drs Gerald Corey Michelle Muratori Jude Austin and Julius Austin lead 52 contributing authors in a book rich with living events and defining moments Multiple stressors are described and met with multiple solutions There is so much great content here that can be embraced by those who do the noble work of being present for others Tom Skovholt PhD LP Professor University of Minnesota Author of *The Resilient Practitioner Burnout and Compassion Fatigue Prevention and Self Care Strategies for the Helping Professions* 3rd Edition Self care is often discussed in counselor training and supervision but not in its full scope *Counselor Self Care* provides breadth and depth by addressing the many facets of self care The authors combine personal narratives and anecdotes from experienced mental health professionals with self assessment questions and self care improvement strategies The level of vulnerability and insight from the authors and those who share their stories is informative and rare to find Assign this book as reading for yourself your students and your supervisees to motivate nurturing of the self Philip Clarke PhD Associate Professor Wake Forest University Requests for digital versions from ACA can be found on www.wiley.com To

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Care uncovers seven principles for care that are rooted in self empowerment and self knowledge Through personal stories and observations exercises and quizzes and interviews with experts and everyday people Tracey invites you to consider self care across your relationships finances spiritual and professional life and more By accepting who we are what we need and how those needs evolve over time we create space for self care s transformational magic in our lives In fact an authentic self care practice is the secret to the life you ve always wanted

The "More or Less" Definitive Guide to Self-Care Anna Borges,2019-11-01 Taking care of yourself is not meant to be stressful This book gives practical tips for implementing self care in our busy lives Allure Some days you need a pick me up some days you need a life preserver As Anna Borges explains for most of us self care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with You may already practice some form of self care whether it s taking an extra long shower after a stressful day splurging on a fancy dinner or choosing Netflix over that friend of a friend s birthday party But when life gets so overwhelming that you want to stay in bed some more radical care is crucial to maintain your sanity The More or Less Definitive Guide to Self Care is here to help you exist in the world Borges gathers over 200 tips activities and stories from experts and everyday people alike into an A to Z list from asking for help to catching some Zzz s Make any day a little more OK with new skills in your self care toolkit and energy to show up for yourself A Foreword INDIES Gold Winner This self help guide made me feel seen Real Simple A compendium about how to move through the world with a little more kindness for yourself Bustle Give this to your Type A friend who runs herself ragged Los Angeles Times

Self-care Christopher Ziguras,2004-06-02 This book examines the widespread cultural and political consequences of the proliferation of popular health advice It provides a key theoretical contribution to the sociological study of health and embodiment by illuminating the processes of social change that have transformed how individuals care for themselves and the ways in which power and desire now shape health behaviour Self Care will be of essential interest to students and academics working within the fields of sociology health and social welfare

Self-care Charlotte Kenton,1981

Leaving It at the Office John C. Norcross,Gary R. VandenBos,2018-07-07 Cover Half Title Page Title Page Copyright Dedication About the Authors Preface Acknowledgments Contents 1 Valuing the Person of the Psychotherapist 2 Refocusing on the Rewards 3 Recognizing the Hazards 4 Minding the Body 5 Nurturing Relationships 6 Setting Boundaries 7 Restructuring Cognitions 8 Sustaining Healthy Escapes 9 Maintaining Mindfulness 10 Creating a Flourishing Environment 11 Profiting from Personal Therapy 12 Cultivating Spirituality and Mission 13 Fostering Creativity and Growth References Index

Self-Care in the Elderly Fatemeh Bahramnezhad,2025-09-26 This comprehensive book provides a practical and evidence based approach to promoting self care in the elderly Covering all essential domains physical mental social and spiritual it presents a well rounded framework for supporting older adults in maintaining their health and quality of life Each chapter features practical recommendations for older adults and their caregivers along with clinical case examples to enhance comprehension The content is supported by the latest findings from

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