

Building Your Village: Self-Care



HOW SELF-CARE HELPS

Self-care is often presented as something extravagant - candles and bubble baths and spa days and expensive treats. It can feel like an extra chore, and for that reason people tend to think thoughts such as “*I don’t have **time** for self-care*”, or “*self-care is selfish*”. But self-care isn’t selfish, and there are plenty of opportunities to find nourishment and rejuvenation in your current day-to-day schedule. You can’t take care of others without first taking care of yourself.

By practicing self care, we are more likely to:

- Be patient, cooperative, and treat each other well.
- Have reduced stress and a decreased chance for burnout.
- Be a role model by demonstrating the importance of self-worth to our children.

NURTURING ACTIVITIES VS. DEPLETING ACTIVITIES

Consider existing activities in your daily routine. Are they **nurturing**, **depleting**, or a bit of both?



Nurturing activities are opportunities for self-care. These activities cheer us up, give us energy, improve our well-being, and help us to better manage stress. They lift our mood, fill our cups, and help us to feel calm and centered.

Depleting activities sap our energy, increase our stress levels, and take away from our happiness. They lower our mood, drain us, and leave us feeling physically and/or emotionally exhausted.

Activities can shift from one category to another based on when, how, and with whom you do the activity. For those activities which can’t be changed, look to your support system for help. Is there an activity that someone else in your family seems to do without feeling exhaustion? Are there activities they find depleting which you do not? Work together to maximize your support system’s capacity for self-care!

Use **this worksheet** to identify the nurturing and depleting activities in your life.

PRACTICAL SELF CARE: TAKING IN THE GOOD

Practice learning to notice and appreciate nurturing moments by [taking in the good](#). This three step exercise takes less than one minute and can happen anytime, anywhere. With repetition, this can become automatic.

1. Look for Good Facts:

Keep a soft awareness for factually good moments (ex. the weather is nice, this coffee tastes good, etc.)

2. Savour the Good Experience:

Spend 10-20 seconds with the good fact, letting it become a good *experience*.

3. Notice How You Feel:

Make a mental note of how you feel physically and emotionally after sustaining a good experience.