Self-Care Strategies



This self-care series isn't just for learning about self-care, it's to help you try some wellness practices to see what works for you.

The following worksheet will help you to decide which areas you would like to work on, if there are areas you feel you need to do more in, or some practical ways to help you improve, you can work through it here.

A great place to start in identifying which self-care strategies may be most effective for you is to monitor what do you currently do that provides a sense of nourishment, pleasure, relaxation, joy or connection? To approach it from another angle, what strategies or routines do you find to be lacking in your day to day?

Make it happen!

What, if any, self-care activities do I currently do?

Of the types of self-care strategies in the image on the first page, which types are most important for me right now?

What one or two activities could I add this month? And how will I make it happen?

Consider what you have the time, energy and ability to do. For example, if you have limited energy levels, then perhaps your best activity will be a relaxing/restful one (such as meditation, a nap, or a bath). If you identified that connecting with others is important, you could consider ways to remind you to do this. See the example sheet for more guidance.

Make it happen!

EXAMPLE

What, if any, self-care activities do I currently do?

Take a walk on Saturday morning.
Family meal on Sunday.

Of the types of self-care strategies in the image on the first page, which types are most important for me right now?

Physical relaxation

What one or two activities could I add this month?

Consider what you have the time, energy and ability to do. For example, if you have limited energy levels, then perhaps your best activity will be a relaxing/restful one (such as meditation, a nap, or a bath). If you identified that connecting with others is important, you could consider ways to remind you to do this.

Physical relaxation - after I get home from work I will take a 15 minute meditation before I cook dinner. I'll set a calendar entry on my phone so I remember.

Self-Care Strategies

Self-care strategies can include:

- Physical relaxation
- Massage
- Rest
- Sleep
- Nutritious and balanced meals
- Mindful, deep breathing
- Physical activity (exercise or sport)
- Therapy
- Effective time management
- Goal setting
- Hobbies and leisurely activities
- Connection with self and others

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Anxiety NZ's free 0800 ANXIETY (0800 269 4389) Helpline supports people across Aotearoa New Zealand 24/7* every day of the year.

*(*Please note that midnight to 8am is for callers experiencing severe anxiety only)*

For more resources to support you in your journey, please see www.anxiety.org.nz

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