



**MDAM**  
MOOD DISORDERS  
ASSOCIATION OF MANITOBA  
WESTMAN

*Helping People Help Themselves*

Compiled by 2023 Green Team

# Self-Care

## What is Self-Care?

Self-care entails making time for enjoyable or therapeutic activities. Both routine tasks and novel experiences can be included.

Self-care practices can promote good health while enhancing your quality of life. They can also aid in minimizing the detrimental impacts of stress on your life.

(CAMH, 2023)



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## Importance of Self Care

By taking care of you, you can maintain a positive relationship with yourself and improve your ability to connect with other people. Self-care may be perceived by some as selfish, but it's not at all like that. The fact that self-care means "me too" rather than "me first" is an excellent approach to expressing this. Clinical studies have shown that practicing self-care can help with a variety of issues, including lowering or eliminating anxiety and depression, lowering stress, enhancing focus, reducing irritability and anger, raising happiness and energy levels, and much more. Self-care has been shown to help lower the risk of heart disease, stroke, and cancer from a physical health perspective. If we want to be able to care for others, we first need to take care of ourselves (CAMH, 2023).



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## Self-Care Strategies

### Sleep

Try to sleep for seven to nine hours every night. Try giving up caffeine later in the day, developing a sleep routine, and using a blue light filter on your devices an hour or two before bed if you're having trouble sleeping (CAMH, 2023).

### Eating

This entails setting aside time to prepare meals, dining with others, and paying attention to our bodies' cues that indicate when we are hungry or full. Moving forward, make changes to promote nutrient-rich foods and mindful eating as a method to look after your body and mind (OPHI, 2021).

### Exercise

Try to regularly engage in heart-pumping activities. Maybe ride a bike or take a quick walk. Alternatively, you might consider signing up for a gym or try using an exercise app to exercise (CAMH, 2023).



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## Technology Use

Be conscious of how much time you spend on technology. Consider which uses of technology help you feel better and are beneficial, and which ones are affecting you negatively. Try taking a vacation from technology or social media if you feel overburdened.

## Relax

Schedule some purposeful downtime each day. Try out various relaxation methods to find which ones suit you the most.

A peaceful walk can be all it takes to unwind. Breathing slowly and deeply can also promote relaxation.

## Journaling

Sometimes writing things down can help get them out of your head. Try taking five minutes to think and write about the events of your day. For example, you could list three things from each day that you are thankful for or personal strengths that you drew upon today.



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## Time Management

Approach your timetable with organization. Making a to-do list or planning your day ahead can take the unpredictability out of life and let you concentrate on getting things done.

## Having Fun

Consider making extra time to engage in your favourite pastimes. You decide what to do but possible options include watching a movie with a buddy, reading a book, cooking a dish you enjoy, or listening to music.

## Connect

Make an effort to socialize with your family, friends and other support systems. Concentrate on the healthy relationships you have in your life. Try establishing connections with things that uplift, inspire and make you happy.

Participating in prayer or other cultural events can improve your happiness and health, do so.

(CAMH, 2023)



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## Speak up

If anything is upsetting you, try talking to someone about it. If you can't find somebody with whom you feel comfortable sharing, you can consider speaking with a therapist. Utilizing anonymous phone support services is another alternative because it could take some time for you to feel comfortable doing this.

## Examples of Self-Care

- Play video games
- Listen to music
- Read a book
- Listen to a podcast
- Have a cup of tea
- Sit in the sunlight
- Take a shower or bath
- Call/text a friend
- Connect with nature
- Meditate
- Engage in self-reflection
- Eating something every day

(UoT, 2021)

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