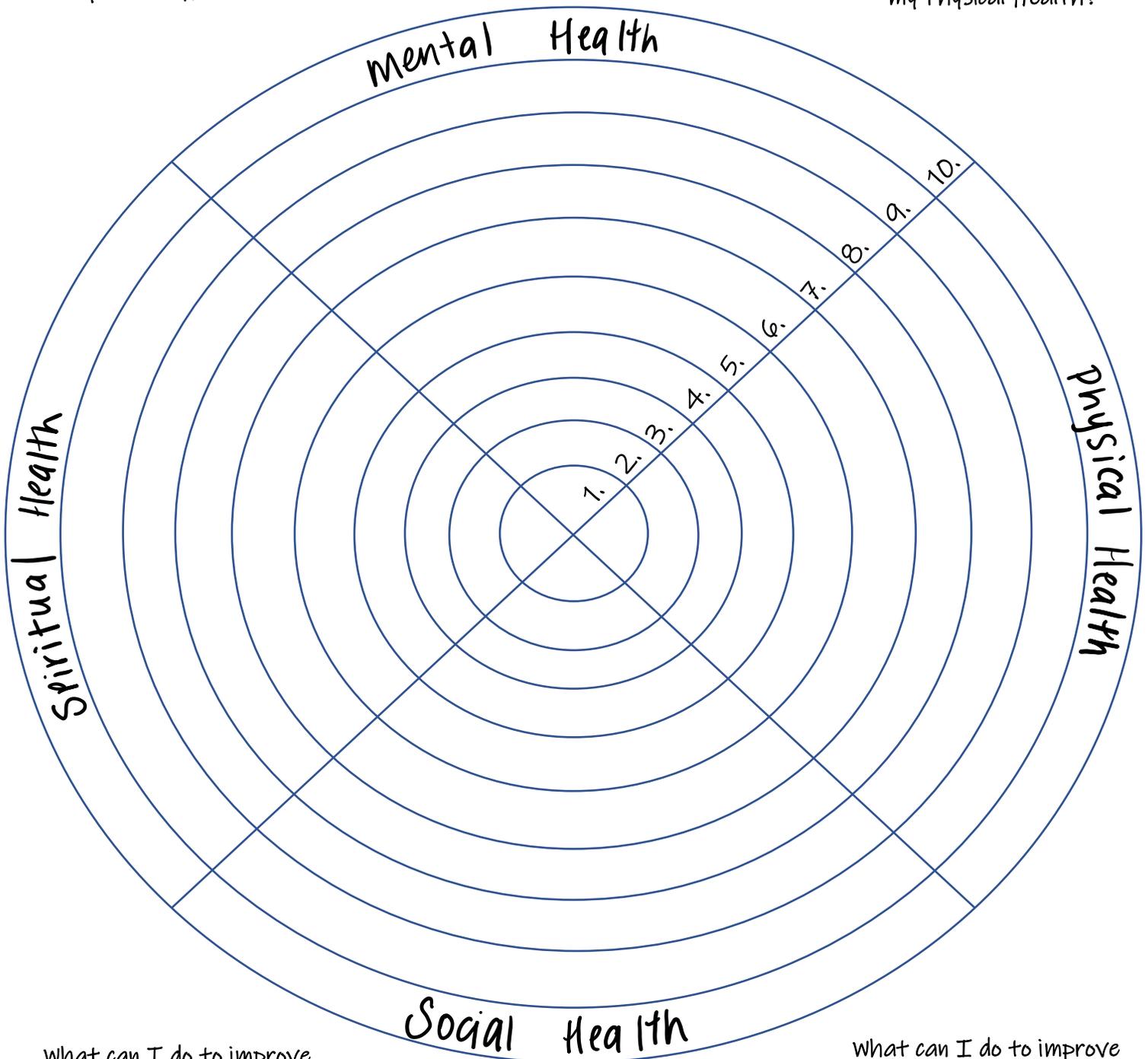


My Selfcare

Use the table to rate each element of your self care from 1 – poor to 10 I practise this every day. Use the table to think creatively about ways you can connect with the four elements of selfcare.

What can I do to improve my Mental Health?

What can I do to improve my Physical Health?



What can I do to improve my Spiritual Health?

What can I do to improve my Social Health?

Understanding the elements of selfcare

All four elements of your selfcare are important to have holistic well-being and to function to the best of your ability.

1. Mental Health

Mental health refers to your ability to think clearly, problem solves, manage emotions and deal with change. Things that improve your mental health include focused tasks, mindfulness, self-reflection and activities that bring joy.

Some examples include: meditation, mindful movement, writing, listening to or playing music, talking to people, releasing emotion, psycho-education, learning something, exercising and more.

2. Physical Health

Physical and mental health interlink in many ways, eating well and exercising in a positive routine has many benefits. We also know that physical health can help in regulating chemicals relating to mental health such as dopamine and cortisol.

Exercise can also double as mindful or joyful activity for your mental health or if doing it with a team, club or with friends can also be a part of your social health.

3. Spiritual Health

Spiritual health relates to your sense of purpose and passion. Many people find this in religion, spiritual beliefs, traditions or culture.

To improve your spiritual health simply think of the bigger picture and ask yourself, 'what are the most important things to me?' and 'what values does that portrait/ would I like to live by?'

Ask yourself 'How can I align my current life with the virtues and values I strive for?'

4. Social Health

We are social beings and need to feel a part of a community and family. This does not have to look like a biological family or a thousand friends. It should be a sense of belonging and a few close connections.

When thinking about social health look at how many people am I closely connected to and feel like I can be totally honest with, and am I happy with that number? Social health is individual, and we need to be self-reflective.