

## What are your self-care essentials?

Integrating daily self-care practices into your life can have a big impact on how you feel. It doesn't have to take up a lot of time or be another thing on your to-do list, it can just be something small that feels easy, attractive and satisfying.

Use this sheet to brainstorm some self-care activities that you can incorporate into your daily life. Try to put a 'drop' in each of your buckets every day this week.

This bucket is for anything that relaxes you, like getting out into nature, listening to music or doing a breathing exercise.



This bucket is for anything that might be difficult to start with, but is good for you and will become easier over time, like mindfulness, exercise or eating a healthy meal.



This bucket is for anything that helps you express yourself or makes you feel inspired, like drawing, reading, making music, role player video games or baking.



This bucket is for anything that helps you feel connected to friends, family members or pets during this time.



## WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

Self-care is things you enjoy (this bit's important!) that you deliberately do to support your mental, emotional, and physical wellbeing. Self-care is good for you! It can help shift your mood and it's key to good relationships - both with yourself and with other people.

## HOW THOUGHTS CAN GET IN THE WAY

### All-or-nothing thinking

The way we talk to ourselves can have a big impact on the things we do - and don't do. Do you ever find yourself saying things to yourself like "my run didn't count today because I walked for most of it" or "there's no point eating healthily for the rest of today because I ate a packet of chips earlier"? This is called all-or-nothing thinking and it can really get in the way of doing things that are good for us.

### Should-ing

Another sneaky thinking habit is should-ing, or the 's-word'. We think of it as a psychological swear word. Should-ing is when we say things to ourselves like "I'm so lazy, I should have worked out today" or "I'm such a slob, I shouldn't have eaten chips today". Should-ing can leave us feeling pretty blah.

These ways of thinking are normal, we all do it, but they're not helpful. Why not be a bit kinder to yourself and less mean? Shifting the way you speak to yourself is often the difference between getting those drops in your self-care buckets and not - and remember something is always better than nothing!

## TRY IT

Aim to add at least one drop into each of your self-care buckets each day over the coming week - find out what works for you! Then reflect on your experience - maybe chat with a friend or journal about it. You could use the prompts under REFLECT to get you started.

## REFLECT

- How easy or difficult was it to put a drop into your self-care buckets each day? Were some buckets easier to add drops to than others?
- In what ways do all-or-nothing thinking or 'shoulding' typically show up for you?
- What could you say to yourself instead that is a bit kinder and more encouraging? e.g. 'Sure it would have been good to work out today but I did get outside.'

## WANT MORE? CHECK THESE OUT!

BJ Fogg's Ted Talk on tiny habits

<https://www.youtube.com/watch?v=AdKUJxjn-R8>

Interview with Kelly McGonigal on the joy of movement

<https://www.offtheclockpsych.com/podcast/joy-of-movement>

Elizabeth Gilbert's Ted Talk on creativity

[https://www.ted.com/talks/elizabeth\\_gilbert\\_your\\_elusive\\_creative\\_genius](https://www.ted.com/talks/elizabeth_gilbert_your_elusive_creative_genius)

Susan Cain's Ted Talk on the power of introverts

[https://www.ted.com/talks/susan\\_cain\\_the\\_power\\_of\\_introverts](https://www.ted.com/talks/susan_cain_the_power_of_introverts)

## CHECK OUT THE FEELING IT SERIES HERE!



Web app link:

<https://app.smilingmind.com.au/programs/78>

Smiling Mind app location:

All programs > Youth > Feeling It

## WHERE TO FIND SUPPORT

### Immediate danger

If you're in a life-threatening situation and need immediate help call 000

### Want to talk to someone?

Your School

- Reach out to a teacher or wellbeing coordinator at your school

### During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

### Available 24 hours everyday

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800