

Factsheet

Self Care? No Way! TLC for beginners

Self care? I wonder if like me, you're not very good about this or even comfortable talking about it. For many people it is easier to step up and look after others than ourselves. But it's not so easy when it comes to looking after ourselves.

You know that feeling when you fall in a heap on the couch and literally don't think you can simply do one more thing... so learning to ensure you look after YOU can help avoid burn out.

The thing with self care is there are elements which should be part of your everyday routine, just like brushing your teeth. These aspects of self care ensure you keep your care level topped up. A key aspect is knowing what self care strategies work for YOU and can help you get back on track. In this factsheet we aim to help you consider all of that.

Read below the list below to get your started and why download and print out our TLC for beginners action template and fill it out whilst you read along.

Start small

What things can you do and/or include in a packed and hectic day. It's a bit like how do you eat a cookie the size of NSW? Take one small bite at a time. One of the best things to do is to create a daily routine.

Some essential maintenance things to think about:

- Make your bed
- Have breakfast
- Meditation/exercise
- Read before bed
- Walk the dog each morning
- Weekdays get to bed before 10pm
- Have a daily 'To do' list
- Take drink bottle with you to class
- Pack lunch

Can you grab your diary and mark some of these items in now? What might work for you?

The key to making these happen is to schedule them in so there is space in your day to complete them and they eventually become routine.

How do you know you need some extra self care?

What are some signs that raise a flag that you need to think about taking some early action to look after yourself?

Some signs might be:

- Not completing your everyday essentials self care items
- Not sleeping well
- Negative head chatter (you know that annoying voice in your head)
- Avoiding social situations
- Feeling stressed for more than one day
- Being short with family and friends

This is only a guide. If these signs keep recurring and persisting, then it's time to do something to add to your 'feel better' bank.

Things that make YOU feel good

Take some time to think about what makes you feel really good, things that make you relax or energise you.

Some suggestions might be:

- Drawing, colouring-in, music, sing, play a musical instrument, dance
- Spending time with your pet
- Hobbies / sport
- Catching up with <insert your awesome person/s here>
- Day at the shops

Can you look at adding some of these into your schedule for the next week or make it an everyday essential for a while?

Wish to share?

Once you have made up your plan, you might like to share it with others. This will help them know what is important to you, as well as support you to put them into action.

We hope this factsheet has helped you take a moment to think about you. Be sure to reflect on the list and of course add to it, and maybe even remove some items if they start to not be about really focusing on your self care.

Use our TLC for beginners action template on the next page and fill it out to get your TLC started!



SELF CARE

Read through the Self Care? No way! TLC For Beginners factsheet at tuneinnotout.com to help you complete your action plan.

Start small - Everyday self care



Be sure to schedule them in!



Warning flags I need extra self care



How to fund my 'feel better' bank

Things that make ME feel good



Nourish my body



Care for my body



Rest the mind and body



Move my body



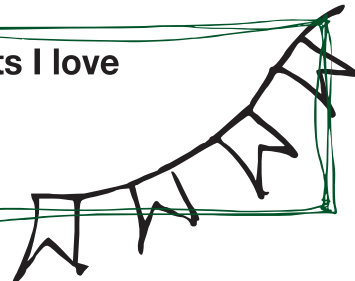
Emotional care



S = My SUPER self care powers

Drawn on these when times are extra tough

Treats I love



Barriers What might stop you completing your TLC?

