

# Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care

## Key Takeaways

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**Self-care** is a **deliberate** effort to do things that you enjoy and **re-energise** you to promote positive **mental, physical** and **emotional wellbeing**..

Why is self-care important?



Improves our mental wellbeing



Builds our resilience towards life stressors



Boosts our creativity and achievements



Interact with empathy, understanding and self-control

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The ABCs of Self-Care

### Awareness

Noticing our bodily changes and when we need self-care

E.g.  
Noticing when we feel frustrated or tired, negative thoughts, falling sick frequently

### Balance

Identifying activities that balance us or help us relax.

E.g.  
Sports or exercise, self reflection, prioritising your health, self-compassion

### Connection

Reaching out to others and seeking support when needed.

E.g.  
Sharing your feelings with a friend, seeing a therapist

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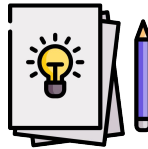
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### 3 Tips to Help You Prioritise Self-Care



#### Be Intentional

Make a deliberate effort to include self-care in your routine



#### Build A Self-Care Plan

Identify your unique needs and preferences, then developing strategies to address them

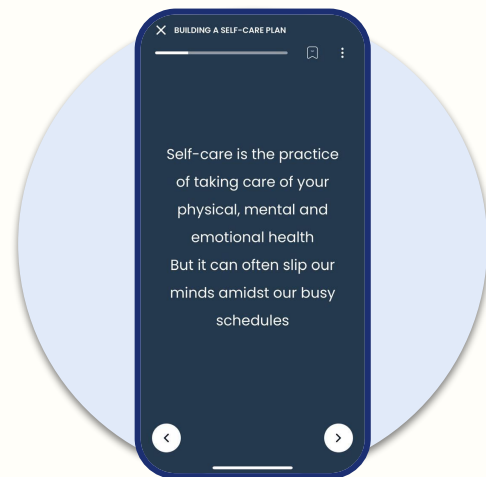


#### Be Accountable

Make yourself accountable to others to be more consistent in your self-care journey

### Need a bit more help?

Intellect's self-care journal can be your secret weapon! It's a space to set goals, track progress, and celebrate wins, all while boosting gratitude and creativity.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

