

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

Do you often feel overwhelmed by work and the demands of everyday life?

Do you find it challenging to set boundaries and prioritise your own wellbeing?

In this session, you'll uncover practical tips to include self-care in your daily routine, learn the power of positive self-talk to help overcome negative thinking patterns, and how you can set boundaries and effectively communicate your self-care needs.

After all, caring for yourself isn't an indulgent luxury but a necessity.

## Learning Objectives

- Understanding self-care and its importance
- Strategies for prioritising self-care and communicating needs
- Understanding the concept of self-compassion for self-care

## Content Outline

### The Art of Self-Care: Understanding its Definition and Importance

- Self-Care Defined: Intentional practices for well-being
- ABCs of Self-Care: Awareness, Balance, Connection
- Understanding the Importance of self-care and its benefits:
  - Reduces Stress
  - Promotes Health
  - Enhances Support for Others

### Prioritising Self-Care and Communicating Needs

- Recognize what might be preventing consistent self-care practices
- 3 Tips to prioritise self-care:
  - Be intentional
  - Create a self-care plan
  - Stay accountable to your well-being
- Learn strategies to express personal needs and set boundaries to support self-care

### Self-Care Starts with Self-Compassion

- Learning that self-compassion involves treating oneself with kindness and empathy, especially during difficult times
- Key components of self-compassion:
  - Practice Self-Kindness,
  - Embrace Common Humanity
  - Cultivate Mindfulness to Support Emotional Resilience
- Learn to use positive affirmations, foster healthy self-talk, acknowledge shared human challenges, and observe unhelpful thoughts with openness rather than suppression