

# SELF CARE

'When you recover or discover something that nourishes you soul and brings you joy, care enough about yourself to make room for it in your life' - Jean Shinoda Bolden



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## Looking after number 1.

The emergence of the term 'self care' has a lot of us wondering what it actually means? A term that gained popularity in the late 2010's, 'self care' has been hailed as essential for physical and mental well-being, fuelling a new wellness industry that is booming as we move further into the 2020's.

Taking a few years to settle into its new definition, the term has actually existed for decades, but with differing connotation. The concept has adapted with the times and now features (however big or small) in many of our daily lives. Let's take a look at how self care can benefit you.

PLEASE NOTE: The information contained in this document is not intended for diagnostic purposes. If you are experiencing any mental or physical distress please seek advice from your GP.

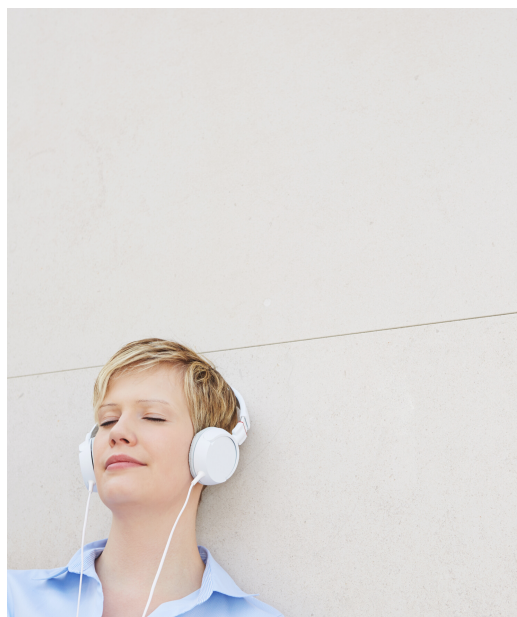
# Where did it all start.

Self care is a concept that most of us have just connected with. It is now common place to see retailers, the media and our own friends use the term to reflect the act of looking after our physical and emotional health. Coinciding with the shift in the mainstream normalisation of mental health, self care has found a new (and trendy) place to flourish.

The original term was created in the 1950's. Nicole Stamp breaks down the first use of the term in her article via the website Local Love, she states, 'The term self-care actually has medical roots. It was coined in the 1950's to describe activities that allowed institutionalised patients to preserve some physical independence—simple tasks that helped nurture a sense of self-worth, such as exercising and personal grooming.' (Stamp, 2019). Since then it's been on its own evolutionary journey, taking on different meanings for each decade and, in some cases, even reflecting major political factions and sociological transition. Stamp also adds, In 'the 1970's, the concept of self-care really took off in North America, when the Black Panther Party began promoting it as essential for all Black citizens, as a means of staying resilient while experiencing the repeated injuries of systemic, interpersonal and medical racism.' (Stamp, 2019)

With that being said, 'acts of self care' have fallen scrutiny to those interested in why we need to put so much emphasis on maintaining the Self. Is it more necessary now than every before? Is it an individual of systemic issue? And what happens when self care isnt financially or physically possible?

## Podcasts for you and yourself.



**PUT YOURSELF FIRST - KAT HORROCKS**  
Self care, goal setting and inspirational interviews. An all round one stop shop for self care.

**MIMIBEE MAGAZINE - MIMI BOUCHARD**  
Everything you need to live a full life of self care. Addressing subjects that face our modern lives as young women in a busy world.

**NOTHING MUCH HAPPENS; BEDTIME STORIES - KATHRYN NICOLAI**  
Make bedtime, you time. Treat yourself to a bedtime story. A healthy and positive end to your day, to relax and unwind.

# Femininity.

Ashley Eder, LPC, a psychotherapist in Boulder, Colorado State stated 'The media perpetuates messages that femininity is 'other focused' and self-denying. We typically see female protagonists focusing on everyone else's needs, listening to others instead of speaking and playing a supporting role. Care-taking is portrayed as women's primary purpose.' This perpetuated image creates a challenging environment of women to justify taking time for themselves.



## Self care is not...

### ADDING MORE TO YOUR LIST

its about prioritising your needs.

### CREATING AN EMERGENCY RESPONSE

its about making time to avoid burn out.

### BEING SELFISH

its about caring your yourself and your needs so that you can be your best, live a personally fulfilling life benefiting, primarily you and then those around you.

## Apps for some you time.

### TREATWELL

As the name would suggest, when you need a little me time and you have the money to treat yourself to a pamper session.

### GRATITUDE JOURNAL

Focus on the positive and take a moment to reflect. Use this time to look to the inward instead of the outward you.

### CALM

Offering easy to follow guided meditation that fits into your schedule (sometimes it can be difficult to find the time), along with breathing practices and stress relieving music.





# Self care suggestions.

## PHYSICAL

- exercise
- nutrition
- rest, sleep & recovery
- maintaining the body with good hygiene.

## PHYSIOLOGICAL

- learning new things
- creative thinking
- applying consequential thinking
- engaging in intrinsic motivation
- mindfulness

## EMOTIONAL

- practising gratitude
- making time for reflection
- developing emotional literacy
- setting boundaries
- being self aware
- increasing empathy
- stress management



## SOCIAL

- belonging to social groups outside of work
- honouring commitments
- asking for help
- meeting new people
- engaging in healthy communal activities
- nurturing relationships
- know when relationships are bad for us.

## PROFESSIONAL

- sharing your strengths and gifts
- clear professional boundaries
- negotiating your needs
- know your roles and responsibilities
- development meetings and coaching
- make time for breaks and holidays

## Not for you?

Self care is a very personal experience. These are suggestions of common acts self care and they may or may not work for you. Take enough time as you need to find things that make YOU feel good.



# Help others help you .

Setting boundaries at work, home or in your social life is instrumental in upholding good self care practice. The simple act of asking others for help is a act of kindness to yourself. Successful individuals will tell you that the key to success is knowing your strengths and weaknesses, learning how to delegate, asking for help and letting others show you the way. Successful people are driven and motivated but when the going gets tough - they ask for help. Asking for help creates and atmosphere of empowerment, it communicates to others that, while you may not have the answers, you are willing to to learn, seeking and endeavouring to make things better. David Sturt and Todd Nordstrom are are researchers, consultants and authors inside the O.C. Tanner Institute, they write in their article for Forbes online, 'while asking for help is difficult, and can chip away at our own self esteem – that stubborn portion of our ego that believes we can do anything – it can also make us stronger, more successful, and more confident. Try it. You might be amazed by the results.' (Nordstrom, 2017)

## Let's end with this.

\*Locus of control is a psychological concept that refers to how strongly people believe they have control over the situations and experiences that affect their lives.



What constitutes 'self care' is largely up to how the individual chooses to engage with the term. We often forget that self care extends further than face masks and yoga (although these are powerful tools for some people). Self care is something that refuels us, it does not take from us. What you choose as fulling self- care will be as unique as you are.

One thing to note is that there is scarce research on self-care relating to the definition we are most familiar with today. The majority of the research that exists pertains to the medicinal use of the term in relation to illness and disease management. That being said, we can use this to indicate how exercising our locus of control\* can positively influence health.

In 2014 a study conducted by Evette. J. Ludman et.al observed the effect of self care intervention on the improvement of health related issues in patients with depression 'A randomised controlled trial with 214 patients with co-morbid depression and poorly controlled diabetes and/or coronary heart disease tested a 12-month team-based intervention that combined self-management support and collaborative care management. At 6 and 12 month outcomes the intervention group showed significant improvements over the usual care group in confidence in ability to follow through with medical regimens important to managing their conditions and to maintain lifestyle changes even during times of stress. Improvements in self care-efficacy were significantly related to improvements in depression, and early improvements in confidence to maintain lifestyle changes even during times of stress explained part of the observed subsequent improvements in depression.' (Ludman et al., 2013)



## Further reading.

SELF-CARE FOR TOUGH TIMES: HOW TO HEAL IN TIMES OF ANXIETY, LOSS AND CHANGE - SUZY READING.

Suzy Reading offers a gentle yet powerful process for developing a self-care toolkit to call on during difficult periods, such as relationship breakdown, illness or death in the family, financial strain, times of change and transition or when you feel uncertain and don't know which direction to take.

THE SELF CARE PRESCRIPTION: POWERFUL SOLUTIONS TO MANAGE STRESS, REDUCE ANXIETY & INCREASE WELLBEING - ROBYN GOBIN

Picture your best life: Where would you work? What would your social calendar look like? What personal interests would you be exploring? This book is your prescription to turn those visions into a reality-with proven self care strategies for every area of your life.

## Get inspired.

### SELF CARE: WHAT IT REALLY IS | SUSANNAH WINTERS | TEDXHILTONHEADWOMEN

Self Care breaks the myth that self care is a wine party, Netflix binge, or pedicure social. Self care is what's needed for your well-being and should always leave you with more energy and feelings of revitalization. Often, the activities that are described as self-care leave you more depleted and with less energy.

### 10-MINUTE YOGA FOR SELF CARE - YOGA WITH ADRIENE

10 min Yoga For Self Care invites you to take 10 min of your day to practice self care and love of self. We spend a lot of time on our phones, computers, in traffic, working, and taking care of others. Take TEN to tend to your mind and body with this practice that combines yoga asana, breath, and massage. Move in a way that feels good, tend to your heart space and cultivate self love with this 10 minute loving, healing, mindfulness practice.



### RE-TRAIN YOUR BRAIN WITH SELF-CARE | DIMA ABOU CHAABAN | TEDXUNBSAINTJOHN

Dima combines neuroscience and self-care. She looks at how the science we have can impact our well being and improve the way we see ourselves. Dima is a 2017 graduate from UNBSJ with a major in psychology and minor in cognitive neuroscience. She has a goal of becoming a counseling therapist as mental health is an area she is very passionate about. Dima is excited to share her thoughts and ideas on burnout, importance of self-care, and more importantly the role neuroscience plays in self-care.



## show the love.

If you enjoyed this e-book, tag me @thisiskatesfitness in your Instagram stories with an act of self care that you do on the regular and hashtag #selfcare

Thank you for your continued support.

*Kate*

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