***Support Self-Care Process***

***Physical self-care***

1. *Develop a regular sleep routine.*
2. *Aim for a healthy diet.*
3. *Take lunch breaks.*
4. *Go for a walk at lunchtime.*
5. *Take your dog for a walk after work.*
6. *Use your sick leave.*
7. *Get some exercise before/after work regularly.*

***Some tips for self-care include:***

* *Live Healthy, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.*
* *Practice good hygiene. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.*
* *See friends to build your sense of belonging. Consider joining a support group to make new friends.*
* *Try to do something you enjoy every day. That might mean dancing, watching a favorite TV show, working in the garden, painting or reading.*
* *Find ways to relax, like meditation, yoga, getting a massage, taking a bath or walking in the woods.*

***What is a self-care process?***

* *"A self-care plan is a thoughtfully constructed and intentionally engaged guide (wellness curriculum) to promote our health and wellbeing." A self-care plan takes the concept of being a life-long learner and engages the person in building a curriculum of knowledge, skills and attitudes to support their wellbeing*.

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