

SELF-CARE



National FRC Mental Health Promotion Project

MAKE A SPACE AT YOUR HOME THAT IS YOUR SAFE SPACE

Our environment and surroundings can influence our mental wellbeing. Having an area with a warm ambience to chill out and unwind after a long day of work can be beneficial to your emotional health. Knowing that you have a welcoming space that's yours can be reassuring especially if times are tough.

TAKE TIME TO EXERCISE

Exercise is essential to both physical and mental wellbeing. Oftentimes the hardest thing to do when you are not feeling yourself is to go and exercise, but the positive effects afterwards are worth it. Exercise can improve mood, reduce stress and clear the mind, leading to a healthier mindset. Feeling good physically pays compliment to feeling good mentally and both go hand in hand. Find a physical activity that you enjoy and designate time each week to do it.

BRING AWARENESS TO YOUR SELF-ESTEEM

Next time you feeling like talking negatively about yourself or putting yourself down in front of others, pause and take the time to be more compassionate towards yourself. Take time to consider all the great things about yourself and write them down. Negative self-talk serves absolutely nobody. Realise that you are far greater than you realise.

TAKE A DIGITAL DETOX

So much of our lives are spent living in a digital world that we are forgetting that life exists beyond a keyboard. We have become too accessible. Take time each week to leave the laptop, put the phone away, step away from social media and be present in the moment. It is much easier said than done but once you make this a weekly routine, you can reclaim your life away from a screen.



TAKE TIME EVERY DAY TO DO SOMETHING FOR YOU

Each person needs time to themselves. Holding a clear space in your mind for you to process your feelings and emotions can be beneficial. For many, this can be meditation, a walk, reading, etc. Finding something that you love to do and doing that each day can work wonders for your mental wellbeing.

BECOME IN TUNE WITH YOUR EMOTIONS

Ask yourself daily how you are feeling, listen to your emotions and be aware of your emotional triggers. Some triggers can be feeling isolated, rejected, low mood for a long period of time, exhaustion, etc. By making a conscious effort to be in touch with how you feel you can make a decision to make a positive reaction rather than a negative one. Taking control and owning your emotions can lead to a great sense of empowerment of oneself.

EAT WELL

In order to feel well, we have to eat well. Fuelling our bodies with good healthy food will keep our energy high and ensure our bodies are functioning to the best of their abilities. Ensuring our digestive system is working well has been shown to have a positive impact on our mental wellbeing. Feeling good starts from the inside, so making a conscious effort to eat nutritious food will serve you well.