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This article is about self-care. We look at why it's important, and how you can create your own self-care rituals for greater mental health and wellbeing.

And don't forget, last time we discussed stressing less, and how to find space in our busy lives. Click [here](#) to find out more.

Self Care : Kind Actions, Kind Words, Kind Deeds

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We all know that we need to look after ourselves – for our physical, emotional and mental wellbeing. And in a nutshell, looking after ourselves ... or self-care ... is anything that you do purposefully which helps you to relax, take time out, cope better, or feel better.

Self-care is important for a lot of reasons ... here's just a few. Firstly, it helps you keep physically strong and healthy (movement can help you burn off nervous energy and help you forget about your worries, while keeping your body fit and well). Secondly, it keeps you emotionally balanced (gaining a sense of 'unwinding' or 'de-stressing' at the end of a long day or long week). And lastly, it helps you keep mentally strong and resilient (allowing us to get things done, work through difficult situations, and keep focused).

If you're interested in our previous articles, please click [here](#)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

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However, we have to make time for self-care – incorporate it into our lives, make it a priority, and practice it routinely. So maybe make yourself a self-care plan, and incorporate the following three areas.

If you would like support in working with your thoughts, feelings and behaviours, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

Kind Actions : Do things for yourself that make YOU feel recharged or relaxed, and make time for them in your day, your week, your month or your year. You might want to set aside time during your day to take a lunch break, or a walk around the block. You might want to set aside time at the end of the day to cook a nutritious meal, meditate, watch a comedy, or listen to music. You might want to set aside time during your week to go to bed early, catch up with people that energize you, or to regularly exercise. You might want to book a regular massage, regular time off or regular time away. And don't be tempted to "skip it", or "do it tomorrow", or "do it later" ... make YOU a priority!

Kind Words : This is for YOU. How often do you find your inner critic saying "You're such an idiot!" "I can't believe you just said that" or "Why can't you do better?". We all have an inner critic ... but it hasn't read the memo on self-care. So see if you can be kinder to yourself by saying kinder things, or just remembering that you're human and we all have bad days (beating yourself up won't make it better).

Kind Deeds : Doing things for OTHERS (when balanced with doing things for OURSELVES of course) can be a way of recharging and regenerating. Maybe make time to visit a relative, or do something for a friend. Maybe make time to volunteer, or spend more time helping those you love.

So make a self-care plan, and incorporate these three areas – daily, weekly, monthly, yearly. Try it and see how you feel.

However if these techniques haven't helped your physical, emotional and mental wellbeing, then maybe the assistance of a professional is for you.

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