1) **Self-care** is a way of living that incorporates behaviors that help you to be refreshed, replenish your personal motivation, and grow as a person. It is the equivalent of keeping your car filled with gas so that you are ready to "motor" when you want to go somewhere!

- University of Texas at Dallas Student Counseling Center

2) **Self-care** includes any intentional actions you take to care for your physical, mental and emotional health.

- University of Kentucky, Student Affairs

3) EXAMPLES:

**Physical Self-Care**

* Eating nutritious well-balanced meals & exercise.
* Putting yourself to bed at a reasonable hour.
* Getting medical attention when you need it.
* Exercise!

**Emotional Self-Care**

* Seeing a therapist.
* Keeping a journal.
* Meditation/relaxation exercises.

4) Self-Care is NOT

* **self-pampering**, e.g. pedicures, dark chocolates and other luxuries. That is, as long as you can afford luxuries. Spending money that you don’t have is self-indulgence.
* Christine Meinecke, Ph.D. *Psychology Today*, June 4, 2010

5) **Self-Care** includes trusting yourself to look after your own needs.

6) Why is Self-Care Important?

Consequences of neglecting self-care:

* Low energy
* Bad mood/bad attitude
* Mental, physical, emotional exhaustion
* Burnout (compassion fatigue)
* Depression/hopelessness
* Short temper /interpersonal relationships suffer
* Work performance suffers

Basically, ***LOWER QUALITY OF LIFE***