

# SELF CARE



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## WHAT IS SELF CARE?

Self care in simple terms is looking after your wellbeing whether it's your mental or physical health or both. Simply it can be taking a shower, cleaning your teeth, brushing your hair and basically not neglecting yourself! It's individual to whatever makes you feel good like reading before bedtime or having a long soak in the bath. You can sometimes feel selfish or guilty for doing it but it's quite the opposite. If you don't look after yourself, then how can you look after others?!

## WHAT ARE THE BENEFITS?

There's lots of research to say the more we practice self care, the more you'll feel more connected to yourself and the world around you. If practiced every day, your mind and body will be stronger in preparation for any stress curveballs that come your way like a relationship breakdown or moving house. See it as adding fuel to your tank rather than taking it away.

## HOW DO I PRACTICE SELF CARE?

On a basic level, try and get enough sleep, be active and eat a healthy diet. You should aim for at least 30 minutes of time just for you every day. This could be meeting up with friends, going to the cinema or meditation, whatever works for YOU! Also try and learn to say no to things that you really don't want to do. It might be difficult at first and require some practice but it's OK to not want to do things if it prevents you from burning out! You will eventually feel empowered in saying no and in turn, will allow plenty of time for self care!