



Couch Conversations

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Psychotherapy and Counseling, Inc.

## What is SELF-CARE?

### What is it?

Self-care can be understood in many different ways. Our definition is that self-care is a positive way of being in order to better manage your mental, emotional and physical well-being. Self-care can be any of the following:

- A **BEHAVIOR** that promotes wellbeing. This behavior can be used as a reward such as giving yourself a treat to buy or experience something that you enjoy, or it can be an actual self-care behavior such as writing down your thoughts in a journal.
- A **ROUTINE** that is established to create consistency in your schedule. Having consistent sleep and wake times, or doing the same workout every morning are ways of establishing positive habits that will promote self-care.
- A **PRACTICE** that you engage in to increase your wellbeing. Examples of a practice can include doing yoga, stretching, and meditation every day or once a week to increase positive changes in your life.
- A **LIFESTYLE CHANGE** that reduces unhealthy habits. Unhealthy habits take time and energy away from your ability to care for yourself and eliminating these behaviors improves self-care practices.

### Improve Your Self-Care Practices

**Thoughts:** Challenge unhelpful thought patterns. Self-care is about promoting positive life experiences so don't let your thoughts hold you back and challenge thoughts that are not based in your reality.

**Emotions:** Understand the emotions behind your thoughts and behaviors. This can give you information about what decisions you want to make instead of your emotions driving your decisions.

**Body:** Relax your body to relax your mind. Engaging in deep breathing exercises, meditation, and other mindfulness exercises will not only reduce the tension in your body, but it will also challenge your unhelpful thoughts and improve your emotional experiences.

**Connection:** Talk to a trusted source. Being able to confide in a trusted source and talk about your thoughts and emotions could give you a sense of relief, and allow you to address the problem areas while also taking care of yourself and those around you.

**How Can Therapy Help?** Therapy can either be a format to learn about self-care strategies, or it can be a self-care strategy. A therapist can help you identify what areas are working for you and what areas of your life you might need to change to improve your self care.