

Building Your Self-Care Action Plan

Self-care is a term we are all becoming more familiar with—but what is it, really? We may associate self-care with things like spa treatments or yoga. While these are healthy activities, self-care is so much more. Self-care involves any action taken to improve and maintain your physical and mental health. It's something we need to do to achieve overall improved wellbeing.

With busy schedules and the complications brought on by the pandemic, it's natural to think that there is no time for self-care. But now, more than ever, is the time to integrate self-care into your daily life. Just like any other goal you'd like to reach, creating a plan is a great way to start.

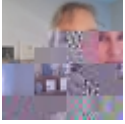
When building your self-care plan, consider the **7 P - S** defined by the [International Self-Care Foundation](#) (ISF):

Knowledge and health literacy. The more you know, the better choices you'll make. The [World Health Organization](#) website is a great place to learn about many health topics such as addictive behaviours, food safety, oral health, sexually transmitted diseases, tobacco, and vaccines.

Mental wellbeing, self-awareness, and agency. Make sure to take regular breaks from your workday, even just to get up for 10 minutes and stretch. Make time for you. Find an activity that you enjoy and schedule it into your calendar just as you would any other important appointment. Social interaction is

Give yourself permission to take time out for yourself and start your self-care plan of action today.

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