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What is Self Care

Self Care: Essential Skills for a Happy Life!

DEFINITION

> Self care means taking care of your own physical and mental health. It's about doing things that help you feel good and stay healthy.

KEY CONCEPTS

Physical Health

This includes eating well, exercising, and getting enough sleep to keep your body strong.

Emotional Well-being

Taking time to relax, express feelings, and manage stress helps keep your mind healthy.

Social Connections

Spending time with friends and family supports your happiness and helps you feel loved.

Personal Hygiene

Regularly bathing, brushing teeth, and grooming helps you feel fresh and confident.

Mindfulness

Practicing mindfulness means being aware of your thoughts and feelings, which can reduce stress.

EXAMPLES

→ Taking a bubble bath after a long day.

→ Going for a walk in nature to clear your mind.

→ Reading your favorite book to relax.

MEMORY TIPS

★ Remember the acronym 'PEMPS' for Physical, Emotional, Mindfulness, Personal hygiene, and Social.

★ Think of self care as 'filling your own cup' before helping others.

★ Use the phrase 'Healthy Me, Happy Me' to recall the importance of self care.

COMMON MISTAKES

✗ Neglecting personal hygiene due to a busy schedule.

✗ Forgetting to ask for help when feeling overwhelmed.

✗ Overlooking the importance of rest and relaxation.

QUICK RECAP

Self care is about taking care of your body and mind. It includes activities that promote physical health, emotional well-being, and social connections. Remember to prioritize self care to lead a happier, healthier life.