

## Self care

Just as relationships with others play a vital role in our lives, the relationship we have with ourselves is equally significant. This chapter delves into maintaining positive physical and mental health through self-care practices.

### **Section 1: Self-Care**

1.1 How do you currently practice self-care, and how effective is it in maintaining your well-being?

1.2 Define what self-care means to you personally.

1.3 Engage in an exercise where you rate your mood before and after self-care activities to determine their impact.

1.4 monitor your mood using a journal or the app on this website. Give yourself a score and try and understand patterns within your mood. Also recognise the things you can do to help raise your mood resulting in your number (score going up)

### **Section 2: Self-Reflection and Mindfulness**

2.1 How often do you pause to breathe fresh air and immerse yourself in your surroundings?

2.2 Reflect on one positive aspect about yourself each day and consider an event from today that brought you joy and how you responded to it.

2.3 How do you choose to relax, and are these methods effective for you?