

## Prioritising Self-Care

### What is self-care?

Self-care is a phrase most of us will have come across, but what does it actually mean and look like? Simply put it's caring for yourself. Self-care is anything that we do to keep ourselves mentally, emotionally, physically, socially and spiritually healthy. We often view self-care as a "luxury" and is usually the first thing to go when our life/work gets busy, demanding and challenging. However if we don't practice and prioritise self-care we risk our well-being and invite burnout.

### What does self-care look like?

Self-care looks different for everyone, that's the beauty of it, it's your thing! Some people thrive on social connections while others need lots of alone time. However, there are some self-care practices we should all be doing to look after our wellbeing like sleep, eating a balanced diet and exercise. Here are some examples of what self-care can look like.

Make sleep a priority

A balanced diet

Regular exercise

Reading

Practice gratitude

Time with friends

Gardening

Connecting with nature

Listening to music

Set boundaries, saying NO

Asking for help

Meditation



### Resources

Click on images to download information



**Self-care in your baby's first months downloadable poster.** Becoming a parent is life-changing and it can be tough as well as joyful at times.



**The Mix.** Essential support for under 25's, a guide to self-care.



**Self-care for young people.** Suggests practical ways to look after your mental health, allowing you to choose what works best for you.

**Mind to Mind.** Find out how you can improve your mental wellbeing by hearing what others have found helpful.



**50 Best Self-Care Ideas for Mental and Physical Wellbeing.** Learn easy ways to take care of yourself, destress, and have less anxiety.

**Our Green Spaces** of Greater Glasgow and Clyde resource includes information about available green spaces across the 6 Health and Social Care Partnerships.

Green Spaces of Greater Glasgow and Clyde

### APPS

Click on images to download information



An online sleep improvement programme which delivers tailored and engaging advice, 24/7.



For people who are feeling worried or anxious. You can learn proven tools and techniques to get out of your head, face difficult emotions, and be more present. Free for anyone aged 18+ who lives in Scotland. First part of postcode is required when you sign up.

### Mental Health Helplines



**NHS24 Mental Health Hub:** Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

**Breathing Space:** A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

**Breathing Space**  
Open up when you're feeling down



**Samaritans:** Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on [jo@samaritans.org](mailto:jo@samaritans.org)

**Childline:** For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: [www.childline.org.uk](http://www.childline.org.uk)



**SHOUT:** A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text **SHOUT** to **85258**.