



#Thrive2021 *Awesome August*



Take care of yourself

FIRST

Self-care isn't a nicety; it is a necessity. Simply put, you can take care of very little when you are not taking care of yourself. Yet, both women and men are often guilty of neglecting themselves to take care of other things.

Practising self-care requires a mindset overhaul! To THRIVE, you need to commit to deliberate, planned actions that actively care for your mental, emotional and physical health.

Add yourself to your schedule

Schedule blocks of time for yourself in your diary. Learning how to delegate, set proper boundaries and simply saying no, will create more opportunities for time to yourself. Establishing boundaries for technology use, ensuring that responding to work emails don't take preference over morning exercise or a healthy breakfast and that Netflix or surfing the web don't take over your evenings.

SELF-CARE CHECKLIST

- GOOD SLEEP
- EAT HEALTHY
- EXERCISE
- MEDITATE
- TAKE A BATH
- TRY SOMETHING NEW



Create and maintain meaningful relationships



We're not meant to be alone or isolated. We need and thrive when we feel connected to others. In the future, consider it an act of self-care to surround yourself with people who care for you and who have a positive impact on your life.

Take care of your whole self



Invest in your general health. The usual culprits - exercise, diet and sleep - are great for your physical and mental wellbeing: two birds, one stone. Ask for help when you need it; don't ignore health-related problems - talking things through can reduce stress and keep your outlook positive.

Discover what brings you joy



Take some time out to consider what makes you happy, and start making time for it! Let go of any guilt you feel for spending time on things that give you joy. Instead, savour these moments, and be grateful that you have the opportunity to do so.