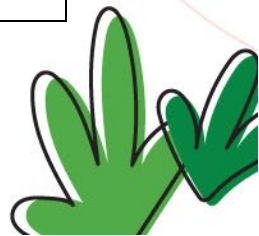




SELF-CARE IN EVERY AREA OF YOUR LIFE

<p>Introduction</p>	<p>Self-care has been defined as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being." Essentially, the term describes a conscious act a person takes in order to promote their own physical, mental, and emotional health.</p> <p>According to the World Health Organization (WHO), self-care is important because it can help promote health, prevent disease, and help people better cope with illness.</p> <p>Self-care is vital for building resilience toward those stressors in life that one can't eliminate. When one has taken steps to care for their mind and body, they'll be better equipped to live their best life.</p>
<p>Objective / teachers' goal</p>	<p>Promoting the students' self-assessment on how they are caring for themselves in several different domains so they can ensure they're caring for their mind, body, and spirit.</p> <p>Finding a balance that allows the students to address each of the areas of self-care: physical, social, mental, spiritual and emotional.</p> <p>Developing a self-care plan.</p>
<p>Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</p>	<p>Competence in analysing health needs Understanding mental health Communication Capacity building and intervention</p>
<p>Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input checked="" type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning</p>	
<p>Materials</p>	<p>Post-its of 5 different colours A4 paper sheets Pens/pencils</p>
<p>Approach</p>	<p><u>Different Types of Self-Care</u></p> <p>The teacher will introduce each of the 5 areas of self-care: physical, social, mental, spiritual and emotional. After each, the students will be given 10 minutes to answer a group of self-reflection questions and note down their thoughts on coloured post-its.</p>





QUESTIONS:

- Physical Self-Care
 - Are you getting adequate sleep?
 - Is your diet fueling your body well?
 - Are you taking charge of your health?
 - Are you getting enough exercise?
- Social Self-Care
 - Are you getting enough face-to-face time with your friends?
 - What are you doing to nurture your relationships with friends and family?
- Mental Self-Care
 - Are you taking enough time for activities that mentally stimulate you?
 - Are you doing proactive things to help you stay mentally healthy?
- Spiritual Self-Care
 - What questions do you ask yourself about your life and experience?
 - Are you engaging in spiritual practices that you find fulfilling?
- Emotional Self-Care
 - Do you have healthy ways to process your emotions?
 - Do you incorporate activities into your life that help you feel recharged?

The students are then asked to share their feelings and/or conclusions on their self-reflection.

The teacher highlights the importance of having an effective self-care routine as it brings a range of benefits to our life, namely:

- Reducing anxiety and depression;
- Reducing stress and improving resilience;
- Improving happiness;
- Increasing energy;
- Reducing burnout;
- Stronger interpersonal relationships.

Develop Your Self-Care Plan

The teacher proposes the students to build their self-care plan. It will make the students assess which areas of their life need some more attention and self-care.





	<p>And reassess their life often. As their situation changes, their self-care needs are likely to shift too.</p> <p><u>Helpful steps to build the self-care plan:</u></p> <ul style="list-style-type: none">• Assess your needs: Make a list of the different parts of your life and major activities that you engage in each day. Work, school, relationships, and family are some you might list.• Consider your stressors: Think about the aspects of these areas that cause stress and consider some ways you might address that stress.• Devise self-care strategies: Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.• Plan for challenges: When you discover that you're neglecting a certain aspect of your life, create a plan for change.• Take small steps: You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.• Schedule time to focus on your needs: Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently. <p>The students are given 45 minutes to build their plan and, at the end, are invited to keep and update it as things change in their life.</p>
Type of activity (workshop, assignment, quiz, debate, presentation, etc.)	Workshop + Self-reflection/assessment
Duration	2 hours
Final goal (learning outcome)	Having self-care as a priority in life





Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaningfulness	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

