



CENTRE DE COUNSELLING FAMILIAL DE TIMMINS

TIMMINS FAMILY COUNSELLING CENTRE

60 Wilson Avenue, Suite 310 Timmins, Ontario P4N 2S7

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SELF-CARE TIPS

Physical Self-Care	
<ul style="list-style-type: none">• Eat regularly (e.g. breakfast, lunch, and dinner)• Eat healthily• Exercise• Get regular medical care for prevention• Get medical care when needed• Get enough sleep	<ul style="list-style-type: none">• Take vacation• Take time off when sick• Get massages• Dance, swim, walk, run, play sports, sing, or do some other fun physical activity• Wear clothes I like• Take time to be sexual - with myself, with a partner
Psychological Self-Care	
<ul style="list-style-type: none">• Do something at which I am not expert or in charge• Attend to minimizing stress in my life• Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre• Be curious• Write in a journal• Read literature that is unrelated to work	<ul style="list-style-type: none">• Say no to extra responsibilities sometimes• Take day trips or mini-vacations• Make time away from telephones, email, and the Internet• Make time for self-reflection• Notice my inner experience - listen to my thoughts, beliefs, attitudes, feelings• Have my own personal psychotherapy
Emotional Self-Care	
<ul style="list-style-type: none">• Spend time with others whose company I enjoy• Stay in contact with important people in my life• Give myself affirmations, praise myself• Love myself• Express my outrage in social action, letters, donations, marches, protests	<ul style="list-style-type: none">• Re-read favorite books, re-view favorite movies• Identify comforting activities, objects, people, places and seek them out• Allow myself to cry• Find things that make me laugh
Spiritual Self-Care	
<ul style="list-style-type: none">• Make time for reflection• Spend time in nature• Find a spiritual connection or community• Be open to inspiration• Cherish my optimism and hope• Be aware of non-material aspects of life• Try at times not to be in charge or the expert• Be open to not knowing	<ul style="list-style-type: none">• Identify what is meaningful to me and notice its place in my life• Meditate• Pray• Sing• Have experiences of awe• Contribute to causes in which I believe• Read inspirational literature or listen to inspirational talks, music

Relationship Self-Care	
<ul style="list-style-type: none"> • Schedule regular dates with my partner or spouse • Schedule regular activities with my children • Make time to see friends • Call, check on, or see my relatives • Spend time with my companion animals • Stay in contact with faraway friends 	<ul style="list-style-type: none"> • Enlarge my social circle • Ask for help when I need it • Share a fear, hope, or secret with someone I trust • Make time to reply to personal emails and letters; send holiday cards • Allow others to do things for me
Workplace or Professional Self-Care	
<ul style="list-style-type: none"> • When scheduling assignments, accommodate travel time and down time • Take a break during the workday (e.g., lunch) • Take time to chat with co-workers • Make quiet time to complete tasks • Identify projects or tasks that are exciting and rewarding • Set limits with clients and colleagues 	<ul style="list-style-type: none"> • Balance my workload so that no one day or part of a day is “too much” • Arrange work space so it is comfortable and comforting • Check in with colleagues & supervisor regularly • Negotiate for my needs (time off, availability) • Have a peer support group
Overall Balance	
<ul style="list-style-type: none"> • Strive for balance within my work-life and work day 	<ul style="list-style-type: none"> • Strive for balance among work, family, relationships, play, and rest

Do you need more help?

Don't be afraid to reach out for more help. If you're not sure who to talk to, consider calling **Timmins Family Counselling Centre** to learn more about self-care and if counselling is right for you.

You can reach us at **705-267-7333**.

You can also visit our website at www.timminsfamilycounselling.com