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PRINCIPLES OF SELF-CARE

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01

Self-Awareness

Self-care begins with self-awareness. Take time to understand your needs, desires, and limitations. Tune in to your emotions, thoughts, and physical sensations.

Recognize when you are feeling overwhelmed or depleted and honour those feelings by responding with kindness and compassion.

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02

Boundaries

Establishing healthy boundaries is crucial for self-care. Learn to say "no" when necessary and set limits on your time, energy, and commitments. Respect your personal boundaries and communicate them assertively to others. This allows you to preserve your energy and protect your well-being.

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03

Balance

Strive for balance in all areas of your life. Allocate time and energy to several aspects, such as work, relationships, leisure, and rest. Avoid excessive stress and burnout by finding a healthy equilibrium that supports your overall well-being.

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