



FOUNDATION HOUSE

THE CONSTRUCTION INDUSTRY DRUG & ALCOHOL FOUNDATION



Self-Care, Meditation & Mindfulness – When, Why & How?

If you're feeling overwhelmed, overworked, tired or stressed out, it's time to start thinking about changes that can be made to better understand and prioritise your mental health. When we struggle with this, we often find it hard to seek out support and find the motivation to change. Speaking up to a loved one, a trusted individual or a professional can help get the ball rolling. Self-care is a necessity, so it's time to start making it a priority.

Self-Care Is...

SELF-CARE ARE THE ACTIVITIES that we engage in that are of benefit to our emotional, mental, physical and spiritual wellbeing. These activities are deliberate. We do them to fulfil these needs as we understand that not will be detrimental to ourselves??- one way or another. Self-care is the golden ticket into forming a meaningful bond with yourself and others. It has also been noted to reduce stress, improve mood and lower the risk of emotional burnout.

SELF-CARE IS THE KEY TO LIVING LIFE in a way that is more balanced. A balanced life opens us up to feeling more 'on-top' of life in general. We are able to feel more relieved, more energetic and more able to be present for people in our lives.

SELF-CARE IS ONE OF THE MOST IMPORTANT THINGS we can do, but why don't we do it? So many of us will finish our days with feeling completely drained, only to go to sleep, wake up, and do it all over again. Day to day life for us seems to be getting busier. We are the most technologically connected adults in human history – though we still struggle to find time for ourselves.

IF YOU'RE READING THIS, chances are that you've heard about self-care before, but how do we practice self-care in the current pandemic COVID -19?. When someone asks us If we practice self-care, short answer is yes. When this is questioned – "well, what do

you do to practice self-care" – this is when we struggle to find an answer. You're not alone with this.

SELF-CARE IS NOT A SELFISH ACT. It is all about the consideration of our own needs. It does not involve acts that we feel obligated to do or ones that we don't enjoy. Self-care should not bring up feelings of guilt or drain the energy from your body. It is a chance to recharge and get back on track, to continue being the person that you want to be.

Signs that it's time to increase self-care...

- Reduced performance at work
- Increased alcohol and/or drug use
- Increased gambling/gaming
- Continual arguments at home – more than usual
- Lethargy
- Difficulty falling or staying asleep
- Unusual lethargy in the morning after a long period of sleep
- Headaches, stomach sickness or other signs of anxiety
- Less motivation to complete usual activities



FOUNDATION HOUSE

THE CONSTRUCTION INDUSTRY DRUG & ALCOHOL FOUNDATION



Engaging in Self-Care Looks Like...*

- Enjoying 30 minutes of alone time after work – this could be ‘creating a third space’ to switch off from work and switch on to personal life.
- Making time to spend with your loved ones – we often forget to do this.
- Follow up on medical care – making time for regular check ups
- Reading, writing – things that will keep you ‘Zen’ and more relaxed
- Sleep! Making sure your sleep pattern is in check – going to bed and waking up at the same time every day and practicing good sleep hygiene
- Practicing mindfulness and meditation by following examples on YouTube or several apps available on mobile devices.
- Doing at least one thing you enjoy doing everyday – making time for yourself to recharge.
- Even though we’re practicing good social distance and isolation, we can still find time to exercise in our local area or in our backyards.

****All of these can be achieved even in the current climate!***

Self-Care Checklist

TASK	S	M	T	W	TH	F	S
<i>Wake up early</i>	<input type="checkbox"/>						
<i>AM/PM Skincare</i>	<input type="checkbox"/>						
<i>Make Bed</i>	<input type="checkbox"/>						
<i>Take Vitamins</i>	<input type="checkbox"/>						
<i>Spend time outside</i>	<input type="checkbox"/>						
<i>Get up and be active</i>	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

WEEKLY

Dance like no one is watching

Watch mindless TV.

Read for pleasure

REFLECTIONS

REACHING OUT

Picking up our phones will be our best friend during this time. Reaching out and asking for help when we need it. There is no shame in not feeling 100% - so let's talk to someone.

**Foundation House
Outreach
Counselling
02 9555 8361**

**LifeLine
13 11 14**

**Mensline AUS
1300 789 978**

**DV Helpline
1800 427 017**

**Suicide Call
Back Service
1300 551 800**