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# Self Care

*Nurturing your relationship with yourself.*

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Just as relationships with others play a vital role in our lives, the relationship we have with ourselves is equally significant. This chapter delves into maintaining positive physical and mental health through self-care practices.

## Self-Care

- How do you currently practise self-care, and how effective is it in maintaining your well-being?
- Define what self-care means to you personally.
- Engage in an exercise where you rate your mood before and after self-care activities to determine their impact.
- Monitor your mood using a journal or the app on this website. Give yourself a score and try to understand patterns within your mood. Also recognise the things you can do to help raise your mood resulting in your number (score going up).

## Self-Reflection and Mindfulness

- How often do you pause to breathe fresh air and immerse yourself in your surroundings?
- Reflect on one positive aspect about yourself each day and consider an event from today that brought you joy and how you responded to it.
- How do you choose to relax, and are these methods effective for you?