

Parent Wellbeing

Brent MHST

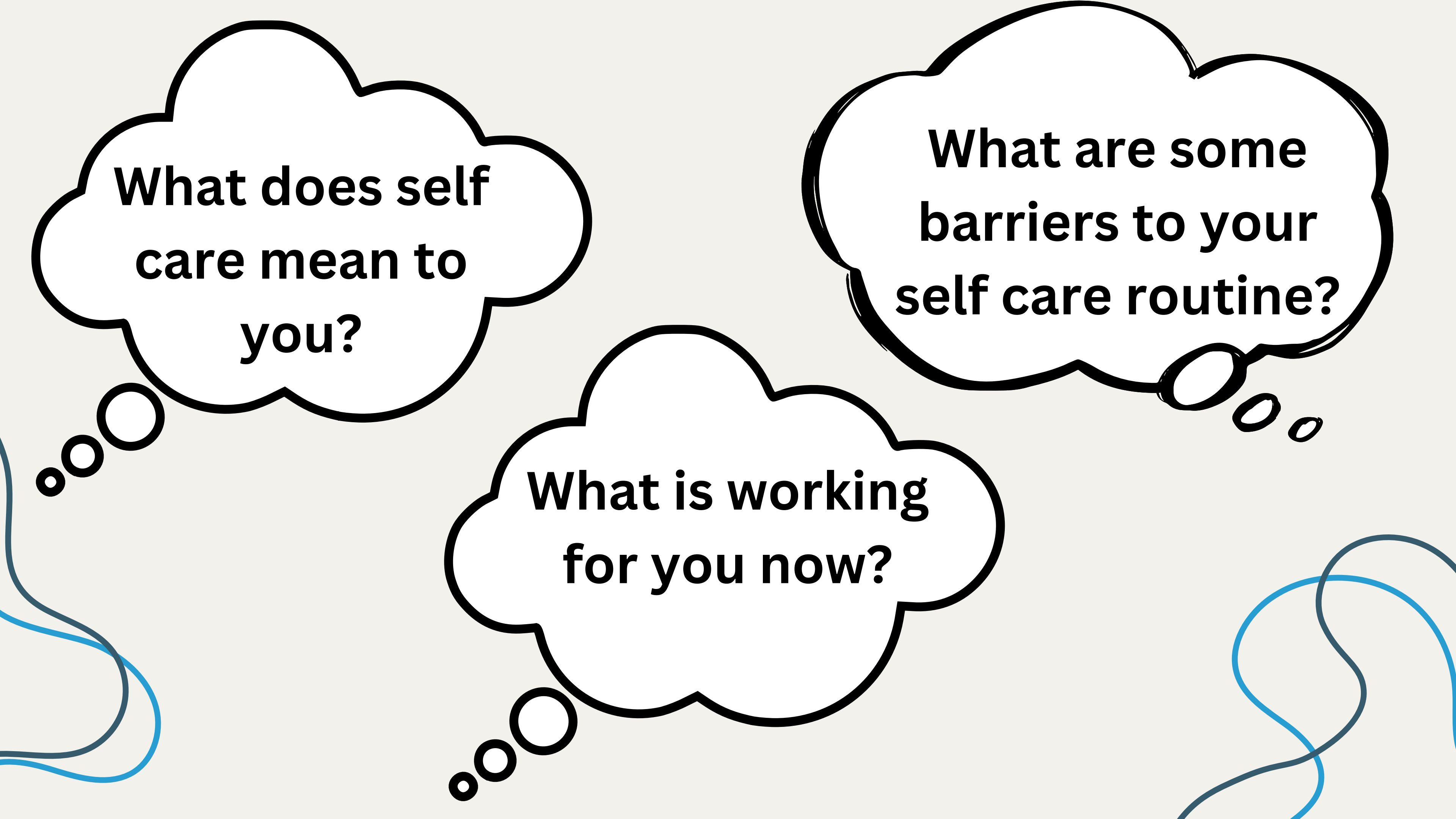


What is self-care?

Self-care means taking steps to keep your body and mind healthy.

It helps you feel less stressed, happier, and better overall.

Self-care is different for everyone, but it's important to take time for yourself and care for your needs.



**What does self
care mean to
you?**

The image features three thought bubbles on a light gray background. The top-left bubble contains the question 'What does self care mean to you?'. The top-right bubble contains 'What are some barriers to your self care routine?'. The bottom-center bubble contains 'What is working for you now?'. Each bubble has a thick black outline and is accompanied by small circles and wavy lines indicating thought or movement.

**What are some
barriers to your
self care routine?**

**What is working
for you now?**


The 4 Keys to Self-Care

- **Physical**
- **Emotional**
- **Psychological**
- **Spiritual**

Physical (the body) – to live, move, and breath

Physical self-care involves ensuring an overall healthy lifestyle that includes eating healthy, drinking lots of water, and getting plenty of exercise. Consider decluttering your home that you have a feeling of spaciousness and manageability. Take time away from computers, TV, and your smartphone. Enjoy moments to rest and replenish.

Pause & Reflect: What are you currently doing for your physical self-care?




Emotional (heart) – to love, care, and be in relationship with yourself and others

Emotional self-care might include setting clear boundaries on your time and energy. Engage emotional boundaries within helping relationships, surrounding yourself with positive people and affirmative and inspiring messages. Address any issues or problems so that they don't build up. Give and receive love, kindness, and support. Spend time with people you care about and who care about you.

Pause & Reflect: What are you currently doing for your emotional self-care?





Psychological (the mind) – to learn, think, and grow

Give attention to things that are in your control. Take time for personal reflection. Notice your inner experiences, thoughts, and feelings. Cultivate self-awareness through things such as journaling, getting feedback from others, meditation, coaching/counselling– places where you have the opportunity to grow, learn, and reflect.

Pause & Reflect: What are you currently doing for your psychological self-care?

End Process




Spiritual (the spirit) – to connect with essence, purpose, and meaning

Spiritual self-care might include prayer or meditation. You may want to visualize, practice gratitude, spend time in nature, and be aware of the non-material aspects of your life. Identify what is meaningful to you in your work and life. Practice mindfulness and being present in the moment.

Pause & Reflect: What are you currently doing for your spiritual self-care?



Self-Care Tips:

1. Get regular exercise.
 2. Eat healthy, regular meals, and stay hydrated.
 3. Make sleep a priority.
 4. Try a relaxing activity.
 5. Set goals and priorities.
 6. Practice gratitude.
 7. Stay connected.
- 

Body scan



Support

<https://brentwellbeing.org.uk> Local Community led information, advice and support services on Wellbeing and Mental Health

<https://www.ashfordplace.org.uk> Offers support and advice when you need it. Activities and advice to keep you fit and well, and a friendly place to meet, eat and chat.

<https://www.good-thinking.uk> Digital service which support those with anxiety, stress, low mood, sleep problems and other concerns.

<https://www.headspace.com> Headspace is an app that offers guided meditations, courses, and coaching to help you reduce stress, anxiety, and improve your sleep.

If you would like the slides, you can contact our
admin team at:

cnwl.adminbrentmhstcamhs@nhs.net



Thank You!



**Central and
North West London**
NHS Foundation Trust