



Top Tips for Self-Care



DRCS | Your Counselling Service

Nourish your social life

Feeling connected to other people is important. It can help you to feel valued and confident about yourself, and can give you a different perspective on things. If you can, try to spend more time with your friends and family – even a phone call can make a difference.

If you don't have supportive friends and family around you and are feeling isolated, there are other ways you can make connections. For example, you could try joining a group like a book club or local community group to meet new people.

Look after your Physical Health

- **Get enough sleep** - This will help provide energy to help cope with difficult feelings and experiences.
- **Eat a balanced diet** - what you eat and when you eat can make a big difference to how you feel.
- **Keep physically active** - helps to lift your mood and boost your energy levels.

Spend time in nature - go for a walk or spend time in the garden.

Do a tech check - using it too much can make you feel busy and stressed. Try stepping away from the TV or turning your phone off.

Focus on your breathing - learning to breathe more deeply can make you feel a lot calmer and increase your sense of well-being.

Get creative - can help you feel more calm and relaxed. Try painting, drawing, baking or sewing.

Take a break - read a book, have a bath, watch a DVD or bake a cake.

Picture yourself somewhere serene - close your eyes and imagine somewhere calm and peaceful.

Listen to music - Music can relax you, connect you to your emotions and distract you from worrying thoughts.