**What is self-care? **

**7 Day**

**Challenge**

The World Health Organization defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health and to cope with illness and disability with out without the support of a healthcare provider.” Self-care includes all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

1. **Unplug.** Turn off your electronics.
2. Declutter. Finish projects or chores around the house. Declutter your mind of negative thoughts or overthinking.
3. **Nourish yourself.** Stay hydrated. Go for walks. Stretch. Eat from all the food groups.
4. **Create.** Have fun and create something with your hands. Refinish furniture, make music, cook, or bake.
5. **Listen.** Listen to those you trust and consider their feelings. Listen to yourself and understand how you are doing.
6. **Express.** Express yourself and your emotions to friends, family, peer supports and therapist. Ask for help. Take one small step at a time.
7. **Explore.** Step out of your comfort zone and try something new. Creating a variety can break boring routines.

**How to practice self-care?**

There are many factors that contribute to our well-being. This can be broken down into:

* Emotional self-care: self talk, be kind to yourself, take breaks
* Physical self-care: get enough quality sleep, exercise, choose healthy and nourishing foods,
* Spiritual self-care: meditate, spend time in nature, keep a gratitude journal

The best way to incorporate self-care into you daily routine is to start with what you eat. Brain health, digestive health and nutritional health are linked. Proper nutrition plays a vital role in your ability to thrive and prioritizing it is making an investment in yourself. Start with a few simple steps:

1. **Check in on your stress.** Both acute and chronic stressors cause a “fight-or-flight” response in our body. A high level of stress can affect how we digest and absorb nutrients.
2. **Ditch the diet and practice mindful eating.** When was the last time you put away your computer, television or smartphone when eating? Eating slowly and mindfully improves digestion. This means you will be able to absorb the nutrients in your food more efficiently.
3. **Balance it out.** Include a variety of foods in your diet. Foods have nutrients that can boost your mood, provide you energy, balance your hormones and promote healthy sleep.
4. **Take your time and set yourself up for success.** Start with small goals and steps on achieving your goals. It is important to revisit these goals periodically and adjust your goals based on what is and isn’t working for you. Your goals could start with meal planning, prepping, grocery shopping, cooking or taking the time to eat your meal in peace.

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| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **Psychological Health & Safety: Self Care & Food Health** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |