

THE SELF-CARE MANIFESTO

"You are a person first, a teacher second. Self-care is fundamentally about prioritising your own health and happiness so that you flourish as a human being. The added bonus is that when you do, your students will get the best of you instead of what's left of you."

Ellen Ronalds Keene

S SELF-KNOWLEDGE

Understanding yourself is the foundation stone of self-care. There is no one-size-fits-all. When you know your personality traits and tendencies, your preferences and skills, as well as your values and beliefs, you are better able to take care of yourself in a way that truly feels caring to you.



E EMOTIONS

Being in touch with and expressing your emotions in a resourceful way is a vital part of physical and mental health. Exploring emotional barriers and blocks is also important because shifting these blocks opens the path to more effective and sustainable self-care.



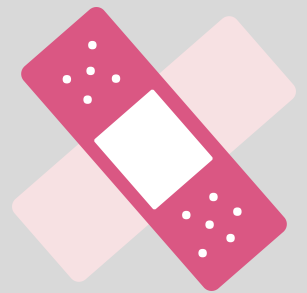
L LET IT GO

Resentment is a toxic emotion that robs you of present and future happiness. Forgiving doesn't mean that what happened is ok and it doesn't require you to forget. Forgiving means choosing not to live in resentment, letting go of the pain and striving for a better future.



F FOCUS ON THE GOOD

Gratitude is one of the most effective happiness boosting activities you can do. Various traditions have promoted thanksgiving for millennia, and these days science is proving its impact on mental health. Take some time each day to look for the good and you will surely find it.



C COMMIT

Like the laundry, self-care is never done. It is an ongoing commitment to your health and wellbeing. Making the decision to put yourself at the top of your priority list isn't easy but it is worth it. Commit to a practice of daily self-care for maximum benefit.



A ACCEPT

We all tolerate people, places and things in life sometimes but that usually just means we spend our time wishing things were different. They're not, so start where you are at, accept the way things are and then work to make a positive difference from there instead.



R RELAX

Relaxation is the opposite of stress. Humans need a balance of both to thrive but so many of us get caught in the rat-race, and end up feeling fatigued, frazzled and fed up. Make time for conscious relaxation every day and you will improve your sleep, boost your immune system and increase your wellbeing overall.



E ENJOY!

While you are spending your time, energy and money on improving your health and wellbeing, remember that it's the path not the destination that counts. Enjoy the journey!

