



Everyone has different self-care needs and everyone has a different pathway to meeting their needs. It is easy to be influenced by the media, or others around you, to adopt certain strategies and miss out on approaches that could really work for you.

For this reason, *circles of self-care* is a prompt to see if you are including physical and emotional aspects in your self-care strategy. See if you can put two or three ideas in each category and try them out this week.

Sensory

We need to feed our senses. Beautiful music, scenery, colours, soft touch, just the right balance of stimulation vs calming engagement using each of our senses.

Interpersonal

Humans are born to be social. We need interaction from the very first moment. We also need interaction that is meaningful to us. For this reason, interpersonal self-care focuses on connecting with people we care about, or who care about us. Get creative and find new ways to connect with the special people in your life.

Creative

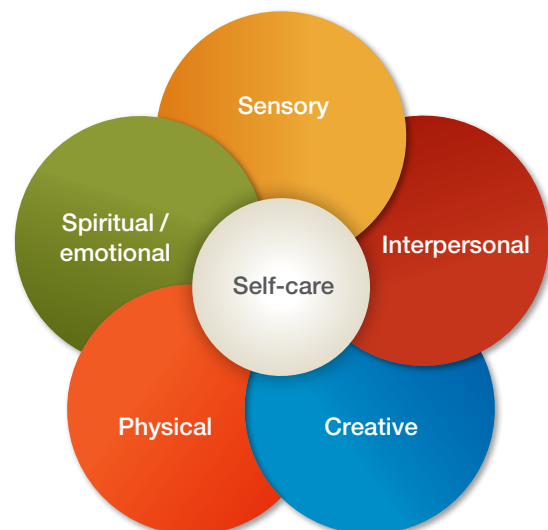
Our existence makes a mark on the world and we can change anything simply by being here. When we lose our primary employment or find ourselves stuck at home instead of in an office, we need to find new endeavours that help us make sense of the world. Many people instinctively know that some relaxing pastimes are key to their wellbeing. For example, hobbies such as quilting, cooking and gardening give a lot more 'self-care value for money' than scrolling through Facebook. This is because we put ourselves into activities that we enjoy.

Physical

Sleep, food and exercise – the holy trinity of physical self-care. Paying attention to each of these needs gives us fuel for tougher times.

Spiritual/emotional

We need ways to express our feelings, to acknowledge them as feelings, and then look past them to our deeper selves. We can address the values that form who we are as individuals. Why are we here? What is it we really care about? Only by giving some time to these questions can we start to direct our lives in ways that make true sense.



Circles of self-care



[Learning to confront anxiety may be uncomfortable in the short term but it can help with taking control and feeling better in the long term.]

TECHNIQUES FOR MANAGING ANXIETY

Identify triggers

What or when are the times you are likely to get anxious? If you can identify the patterns, then it may be possible to do something about these situations which may enable you to respond differently.

Do things differently

Learning to confront anxiety may be uncomfortable in the short term but it can help with taking control and feeling better in the long term.

Planning to gradually do the things you avoid can assist in learning that you can still enjoy these events and that the anxious feelings will go away.

Gradually building up to doing something you have been avoiding can also be an appropriate way of managing uncomfortable feelings.

If you normally depend on safety behaviours to cope, then listing these in order of importance and slowly dropping or not doing the least important will assist in gradually working your way up over time.

STOPP

The following technique can be useful in managing anxiety:

- S** **Stop!** Pause, don't react automatically.
- T** **Take a breath.** Notice your breath as you breathe in and out.
- O** **Observe.** What are you thinking and feeling? Is this fact or opinion?
- P** **Pull back.** Put in some perspective. See the situation as an outside observer. What would someone else see and make of it? Is there another way of looking at the situation? What advice would I give to someone else?
- P** **Practice what works.** Do what is most helpful. Focus on your principles and values and consider whether your actions will be effective, appropriate and proportionate to the event.

Source: www.getselfhelp.co.uk



Royal Flying Doctor Service
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