

Building Successful Self-Care Routines

Self-care is important to our wellness. **Attention & care that we give to ourselves** helps promote mind-body health. How we care for ourselves can be informative; it **helps highlight** whether we need to pay attention to something specific.

Creating a **routine is a good way to prioritize self-care each day**. Personal grooming and hygiene are part of self-care routine. There are many activities that are a part of staying healthy and being your best self.

These are 5 key ingredients to successful self-care routines:

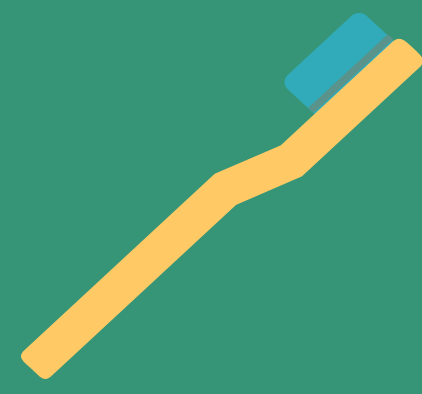


Bathe/Wash Body

3-4x a week the body needs to be washed to eliminate odors from bacteria.

If a shower isn't available, clean face & body with a washcloth.

Wear clean clothing, especially socks and underwear.



Oral Health/Brush Teeth

Poor oral health can impact your overall health by effecting your immune system.

Teeth should be brushed at least 1x time a day, 2x is better.

Brushing your tongue might reduce bad breath.



Hand Washing

Hands touch everything and come in contact with harmful bacteria.

Washing your hands is the most important thing you can do to prevent illness. Wash before/after eating, & after using the bathroom or being in public spaces.



Self Check-In

1x day try a body scan exercise. See if you notice any thing new about how you move or feel.

1x month be sure to get a good look at your whole body. Even the hard to see areas. It is important to note changes.



Mood Boost

Self-care is also about building confidence. Boost your mood with a little exercise by dancing to music.

Make sure your routine includes something fun that helps you feel good in your skin.

Ever feel exhausted just trying to get through your daily self-care routine?

Everyone struggles. Sometimes there just isn't enough time, energy or desire to do it all. When managing multiple health conditions, there could be many reasons why an area might be overlooked. **Here are suggestions in keeping your routine running.**

Use Signs/Prompts

Try using small notes near where the activity is done to help you remember when each activity needs attention.

Support Matters

Sometimes a task is easier with another person cheering you on or lending a hand.

Practice & Repeat

Practice makes perfect! Give yourself a break if you miss an activity- just get right back to it when you can.

Set Reminders

An alarm on a watch /phone or a set of repeatable daily activities prioritizes areas that need attention.



Tips For Balancing a Self-Care Routine

Supporting Successful Self-Care Routines

Self-care, especially hygiene and grooming, is something many adults are expected to know how to do on their own. However, *without guidance or support, many people struggle to start and keep a routine going.* For individuals who are managing multiple health conditions, personal grooming can start to feel like a frequent topic of discussion. While it is important to balance these conversations about bathing and grooming, *it is most important to keep having them.*

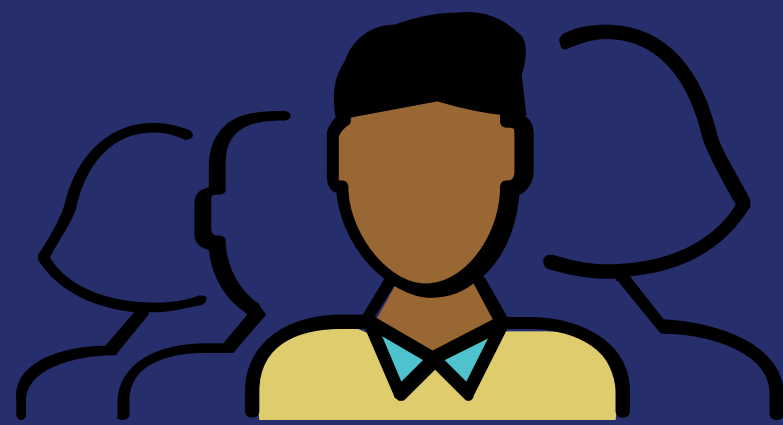
Learning more about and acknowledging that many health conditions include feelings of apathy, guilt, shame, anxiety, depression and lower energy levels. These factors can be mistaken for laziness.

Try thinking about other motivators that self-care can encourage and positively impact.

Create a routine to support those goals.

Here are some life goals areas where self-care routines are important.

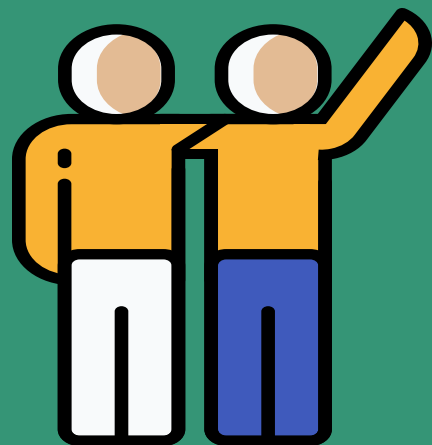
Employment



Preparing for work by ensuring clothes/uniform are clean and free from odors like cigarette smoke.

Making sure hands and fingernails are clean by practicing bathing and hand washing routines.

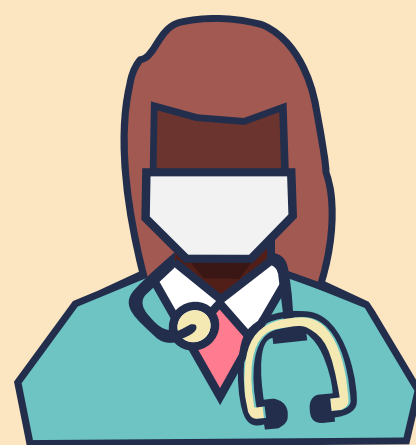
Relationships



Keeping self and space clean and organized to share with others.

Romantic relations and being close with others is important for emotional health.

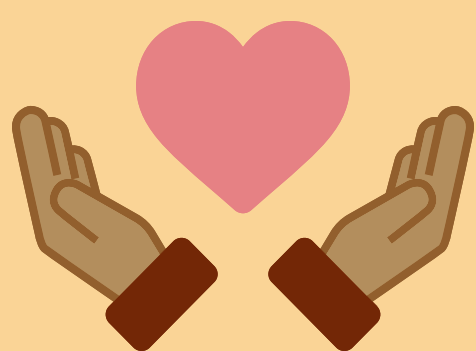
Physical Health



Good self-care & hygiene keeps our bodies free from bacterias that can make us sick.

Knowing your own body helps you keep an eye on changes.

Mental Health



Self-care is part of emotional wellness.

Taking care of your body improves self-esteem & confidence.

Meet Kevin

Kevin is a person in his 40s who noticed some pain on his back that seemed to be getting worse. Kevin didn't mention it to anyone because he figured he was just stiff or sore from carrying groceries. A few days later, Kevin developed a fever and needed to go to the emergency room.

Doctors informed Kevin that his fever was due to an infection on his skin on his back. A pimple had become infected due to poor cleaning. Because Kevin lives alone and his wound was in a difficult spot to see, he missed it.

Doctors discovered that Kevin had undiagnosed and untreated diabetes. It was preventing his body from healing.

How could we be supportive of Kevin as he learns more about his diabetes, hygiene and self-care routines?

Thresholds Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

Simple Tools.
Healthier Lives.

Sources: <https://www.mhanational.org/taking-good-care-yourself>
<https://www.healthline.com/health/personal-hygiene>

<https://sova.pitt.edu/educate-yourself-maintaining-personal-hygiene-during-a-depressive-episode>