

Building Successful Self-Care Routines

Self-care is important to our wellness. *Attention & care that we give to ourselves* helps promote mind-body health.

Creating a *routine is a good way to prioritize self-care each day*. 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

Try to wash your body 3-4x a week 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

Oral health impacts your overall health by effecting your immune system.

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

Brushing your tongue helps 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.



Self Check-In

1x day try a body scan exercise. See if you notice anything 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.

Everyone struggles at times with daily self-care routines. Sometimes there just isn't enough time, energy or desire to do it all. There could be many reasons why an area might be overlooked.

Here are suggestions to keep your routine going.

Use Signs or 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

Set an alarm or create a list of repeatable daily activities to prioritize 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.*

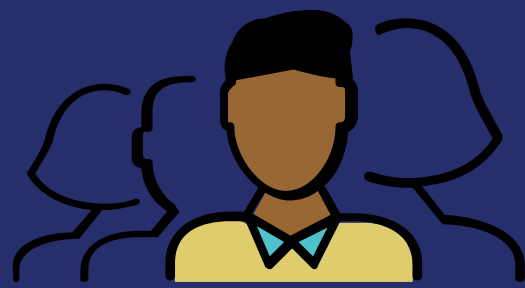
Many health conditions include feelings of apathy, guilt, shame, anxiety, depression and lower energy levels. These factors can be mistaken for laziness.

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

Create a routine to support those motivators.

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

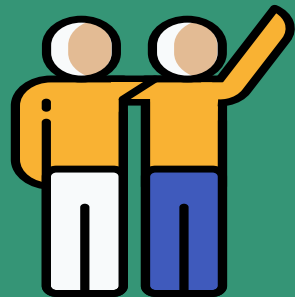
Employment



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 yourself and your space clean and organized to share with others.

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

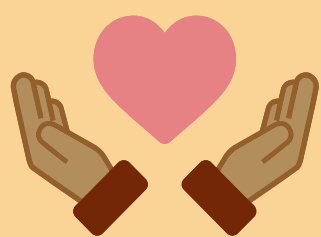
Physical Health



Good self-care and hygiene keeps our bodies free from bacteria 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 and confidence.

Meet Ken

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

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

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

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

