

What is Self-Care? Self-Care is Self-Love ❤️ Handout

1

Self-love is rooted in compassion, acceptance, and appreciation for oneself. It involves nurturing a positive relationship with oneself, acknowledging inherent worth, and treating oneself with kindness, respect, and care. Do you take care of the things you love? When you love something, you take care of it.

Self-Compassion: Self-love involves showing oneself the same kindness and understanding that one would extend to a friend in times of difficulty or struggle. It means being gentle with oneself during moments of vulnerability or imperfection and offering encouragement and support. By acknowledging and accepting your feelings with kindness and compassion, you can cultivate greater self-love

- Connect to your Heart (Hand on Heart)
- Pause and check in with yourself
- Allow yourself to feel
- Name your feelings
- Validate your feelings
- Identify your needs
- What do I need right now? Food, A break, Rest, Fresh Air, Quiet

Self-Care. Give Yourself Permission: Prioritize physical, emotional, mental, and spiritual well-being. Know yourself, listen to yourself, love yourself!


- **Affirmation:** I AM ALLOWED
- **Affirmation:** I AM THE PERMISSION SLIP

Self-care allows you to assess what you need: What is energy-draining and energy-boosting unique to you?




- **Recharge** 📱🔋 What adds and what takes away from your energy?
- **Quality time with Family**
- **Time Alone**
- **What Do You LOVE ❤️ Doing? Do Activities You Enjoy.** Exercise, dance, hike, swim, rollerblade, rock climbing, knitting, puzzles, play (connect to your inner child), art, etc. Find activities that you ENJOY!! Pick what works for YOU!!
- **Connect with NATURE 🌳:** Spending time in nature and enjoying fresh air helps alleviate stress and enhance mood. There are bacteria found in soil that have mood-boosting effects. Studies indicate that exposure to these bacteria through activities like gardening or being in nature may stimulate serotonin production in the brain, potentially acting as a natural antidepressant.
- **Sunlight ☀️** Walk outside daily
- **2-3L of water 💧 daily:** Stay Hydrated, the key is to drink slowly in small amounts throughout the day. Large amounts all at once can deplete your electrolytes. Electrolytes give you energy. The general recommendation for daily water intake is often based on body weight. A common guideline is to drink half an ounce to one ounce of water per pound of body weight.
- **Eat nutritious meals** 🍳🍎🥦🥬🍇🍌🍌
- **Workout 3-5 days/week**
- **Get in the sauna:** ideal sauna 🔥 time = 20 minutes 4-7 times per week
- **7-8 hours of sleep zzz nightly** 🛏️
- **Connect with your Inner Child 🌈** What did you love doing as a kid?
- **Gratitude 🙏** Be grateful for YOU!! Say thank you to the birds for their music. It's an attitude of gratitude. Taping into the energy of gratitude every day creates coherence between the heart and brain. This helps you connect to your intuition, calms the nervous system, and physically reduces the stress response in the body.
- **Connect to your Soul ✨ Create a Spiritual Practice ✨** Meditation, essential oils, crystals, salt lamps (protect from EMFs), yoga, deep breathing, journaling, mindfulness. Energetic hygiene, sage.

What is Self-Care? Self-Care is Self-Love Handout

2

- **Visualize**  yourself successfully passing your exams. Preparing for nursing exams can be challenging, but it's important to visualize success, **remember your purpose**, stay positive, take care of yourself, focus on progress, not perfection, and believe in yourself!
- **Choose uplifting options to feel good:** Eat crap food, feel like crap, watch the news, feel anxious, listen to negativity feel negative, listen to positivity, feel positive, go for a walk feel relaxed, lift heavy weights, feel strong.
- **Take breaks**
- **Set boundaries**
- **Seek support if needed**

Self-Love is Self-Acceptance:

- Avoid judgment or criticism of yourself.
- Your thoughts affect how you feel. If your mind is a garden and your thoughts are seeds. Are you planting flowers  or are you planting weeds?
- Celebrate yourself! Appreciate yourself!
 - **Affirmation:** I LOVE  AND ACCEPT MYSELF
 - **Affirmation:** I LOVE  YOU


Self-Love is Self-Worth:

- Recognize your inherent value and deservingness. There is only one you in all the universe.
 - **Affirmation:** I MATTER, I AM WORTHY, I AM VALUABLE

Self-Love is Self-Respect: Establishing clear boundaries between work and personal life is essential. Nurses must prioritize their needs and learn to say NO to additional responsibilities when necessary. Speak your truth and use your voice to communicate your wants, needs, and desires.

- Self-love involves honoring one's boundaries

Ultimately, self-love is a journey of self-discovery, self-acceptance, and self-empowerment.

Self-love is a continuous practice of nurturing  a positive and supportive relationship with oneself, fostering resilience, inner peace, and a deep sense of fulfillment and contentment in life.

Copyright © 2024. Nurses Love Their Young. All Rights Reserved.

Mental Health Resources

SEEK PROFESSIONAL SUPPORT: If your feelings are overwhelming or persistently interfere with your daily life, consider reaching out to a mental health professional for support.

1. **988 Suicide & Crisis Lifeline Links to an external site.** A National 24/7 confidential mental health crisis service. **Dial 988.** Visit [Nacional de Prevención del Suicidio Links to an external site.](#) for materials in Spanish.
2. **Crisis Text Line Links to an external site.** 24/7 support via text. **Text HOME to 741741**
3. **Alcoholics Anonymous Links to an external site.** A 12-step program for individuals who want to achieve sobriety. Meetings are free and open to anyone battling a drinking problem. Visit to find out about meeting times and locations.
4. **Narcotics Anonymous Links to an external site.** A free 12-step program for individuals battling substance dependence, including alcohol. Visit to find out about meeting times and locations.
5. **The National Grad Crisis Line Links to an external site.** A 24/7 helpline for graduate students. **Call (877-GRAD-HLP) (877-472-3457)**

What is Self-Care? Self-Care is Self-Love Handout

6. **National Sexual Assault Hotline Links to an external site.** A 24/7 confidential service for survivors of sexual assault. **Call (800) 656-HOPE (4673)**
7. **SAMHSA Links to an external site.** (Substance Abuse and Mental Health Services Administration National Helpline): A 24/7 treatment referral and information line. **Call (800) 662-HELP (4357).** Visit [Línea Nacional de Ayuda de SAMHSA | SAMHSA Links to an external site.](#)for information in Spanish.
8. **Veterans Crisis Line Links to an external site.** A 24/7 confidential support line for veterans and their families. **Dial 988, then PRESS 1 or text 838255**
9. **Crisis Assessment Team (mobile response team) Orange County, California - CAT / PERT (ochealthinfo.com) Links to an external site.** **Call 866-830-6011** for Individual Assessment on-location in a crisis
10. **O.C. Link Links to an external site.** **Call 855-OCLINKS (855-625-4657).** A referral system that links to multiple resources for behavioral health information and public health and community services
11. **Warm Line NAMI <https://www.namioc.org/> Links to an external site.** **Call 714-991-6412** for free confidential telephone service providing emotional support and resources to Orange County residents.