

## What is self care?

- Swimming
- Tension relieving sport
- Enough sleep
- Jigsaw
- Cat 'captive'
- Recognising when you need to...
- Long walks
- Massage
- Fresh air / gardening
- Your treat
- Sherry
- Music
- Talking with friends
- Peace and quiet
- Cooking for family
- Eating well
- Staying well organised
- Specific podcasts
- Completing action points
- Long hot bath
- Learning to say no
- Communicating your plan with timescale – to others
- Repetitive games
- Going to meeting
- Mindfulness in nature
- Handing it over – leaving it fallow
- Knowing your limits
- Self knowledge
- Taking time to 'stand and stare'