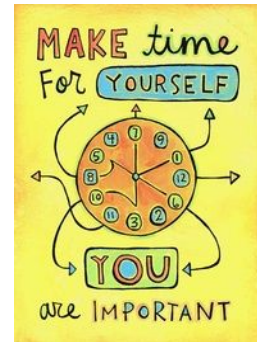


# Self-Care

“Don't sacrifice yourself too much, because if you sacrifice too much there's nothing else you can give and nobody will care for you.” - Karl Lagerfeld



## What is it?

Self-care is the act of taking care of ourselves through various activities that promote positive wellbeing. If we put forth effort into others, our jobs, careers, homes, but neglect ourselves it puts us on the path to burnout. Actively practicing self care allows us to rest and reset which can prevent burnout.

**IT IS OKAY TO NOT BE PRODUCTIVE ALL THE TIME AND TAKE SOME TIME FOR YOURSELF**

## Tell Me More....

The National Substance Abuse and Mental Health Services Administration (SAMSHA) identified eight dimensions of wellness that can help address self-care more in depth. These areas include: emotional, environmental, financial, intellectual, occupational, physical, social and spiritual. By addressing each area as the pieces of a puzzle to ourselves as a whole, we can set ourselves up for success.

## So, what are some examples of what I can do?

Emotional: talk to your supports, journal

Environmental: enjoy nature, clean, redesign a room

Financial: budget, start a savings account

Intellectual: read, listen to an audiobook, draw, paint, learn about a new program

Occupational: learn a trade, take a certificate program for your career

Physical: work out, eat healthy, drink enough water throughout your day, follow up with doctors as needed

Social: spend time with loved ones, volunteer, limit social media use

Spiritual: meditate, do something to help others, be mindful

FALL IN LOVE  
WITH TAKING  
CARE OF YOURSELF!  
MIND-BODY-SPIRIT.

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## Where Can I Find More Information?

[SAMHSA 8 Domains of Wellness](#)

[Harvard Health : 4 Ways to Nourish the Body and Soul](#)

[University at Buffalo School of Social Work: Developing Your Self-Care Plan](#)

[Susannah Winters TED TALK: Self-Care- What it Really Is](#)

## Try These Activities...

[Yoga for Self Care](#)

[Progressive Muscle Relaxation](#)

[Self-Care Journal Prompts For All Ages](#)

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TAKE CARE



OF YOURSELF

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**“AN EMPTY TANK WILL TAKE YOU NOWHERE.  
TAKE TIME TO REFUEL.”**

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\*For links, please go to the **Social Work Services** page on the 6-12 Guidance website on the Cassadaga Valley Central School website. It can be found at <https://sites.google.com/cvcougars.org/guidance-counseling-office/social-work-services>

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