

# JULY SAFETY SEGMENT - SELF CARE



Taking care of yourself is essential for overall well-being. Self-care involves intentional actions to nurture physical, mental, and emotional health. It can include simple practices like getting enough rest, staying hydrated, and eating nutritious meals. Additionally, mindfulness, meditation, and spending time in nature can help reduce stress. Setting boundaries, saying no when needed, and engaging in activities that bring joy are also important aspects of self-care. Remember, prioritizing yourself is not selfish; it's a vital component in your long-term health and happiness.

## WHY IS IT IMPORTANT?

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the video on [What Is Self-Care & Why Is It Important?](#) After everyone is done, use the guiding questions below to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some things you do for self care?
- Do you make self care a priority?
- How would you define self care?
- What are some potential hazards from not practicing self care?
- What are the benefits of practicing self care?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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