

# FOCUSING ON SELFCARE



As we step into a new year, it's important to prioritize our mental, emotional, and physical well-being. Self-care isn't just about indulgence –it's about making intentional choices to nurture yourself so you can thrive in every area of your life. In this newsletter, we'll explore practical steps to create a self-care plan that will set the tone for a healthier and more fulfilling year.

## REFLECT ON YOUR NEEDS

Start your self-care journey by understanding your unique needs.

### *Ask yourself:*

- What areas of my life feel most stressful?
- Where do I need more balance?
- What activities bring me joy and relaxation?

By identifying your priorities, you can craft a self-care plan that genuinely supports your well-being.

## SET SELF CARE GOALS

Break your self-care into achievable goals:

- Mental Health: Practice mindfulness , journaling daily.
- Physical Health: Exercise regularly, eat balanced meals.
- Emotional Health: Connect with loved ones or seek therapy.

**Set realistic, trackable goals to stay consistent throughout the year.**



# CREATE A ROUTINE

*Consistency makes self-care effective.*

*Add practices like:*

- Morning gratitude or deep breathing.
  - Weekly relaxing activities.
- Monthly “self-care days” to recharge.

A routine helps self-care become a natural part of your life.

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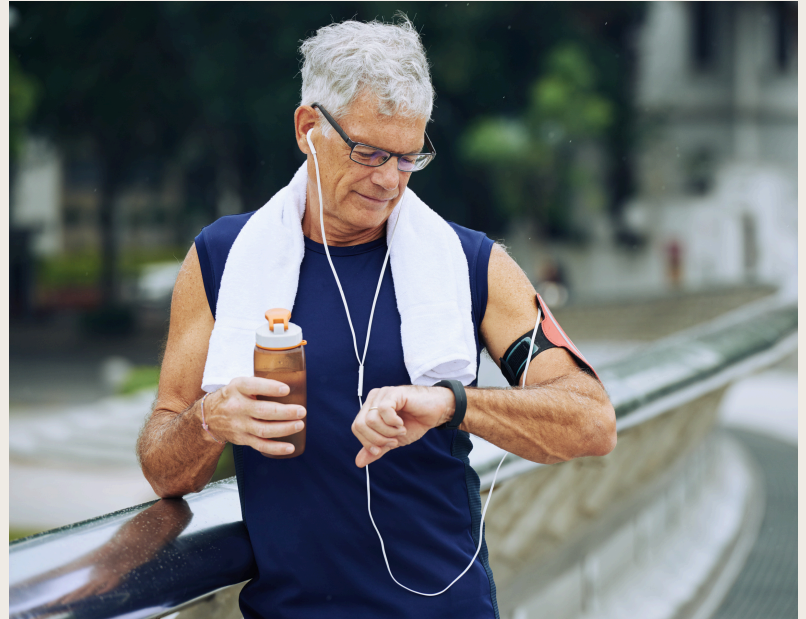
# STRESS MANAGEMENT



## Tip 1

### **Prioritize Rest & Recovery**

Commit to getting 7-8 hours of sleep each night. Quality sleep is essential for mental clarity, emotional balance, and overall health.



## Tip 2

### **Pace Yourself**

Take short breaks during the day to recharge. Even a few minutes of rest can boost your energy and productivity.

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# BUILD A SUPPORT SYSTEM

You don't have to do it all alone. Surround yourself with people who uplift and support you.

These might include:

- Friends and family who encourage your self-care efforts.
- Professional support like counselors, coaches, or mentors.
- Online communities or groups with similar goals.

Having a support system helps you stay accountable and motivated.



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