

## **What if self-care is a strength?**

Self-care is about proactive actions to support your wellbeing. Self-care is often described as a process, an ability, and often as engagement with behaviours that have one engaging with different wellbeing science that promotes subjective wellbeing. Self-care also requires personal and professional negotiations.

As we explore who we are and engage with what it means to look after ourselves, we are presented with no shortage of suggestions for our self-care, wellbeing and wellness - some beneficial, others commercialized or great at making us feel guilty . In this presentation we explore what self-care is, how it might be considered as a strength, and how this relates to you, we and us.

A/Professor Narelle Lemon shares her 5 dimensions of self-care framework, and will engage with some different ways of thinking to support how to consider unlocking the potential in all of us to grow, maintain and protect our wellbeing. Together, we'll ask some big questions and focus on moving forward, what is good in life, what is working, and what can be built on as we build a wellbeing literacy.

# What if self-care is a strength?

Ass/Professor Narelle Lemon

[nlemon@swin.edu.au](mailto:nlemon@swin.edu.au)

[@rellypops](#)

[www.exploreandcreateco.com](http://www.exploreandcreateco.com)



ALL FEELINGS ARE VALID FEELINGS





Ads · Shop self-care

**Self-Care Bingo**  
Light Purple  
A\$0.90  
Etsy  
Free shipping

**You are allowed to**  
Art print- self care self help print self  
A\$5.50  
Etsy

**Self-Care Bingo**  
Yellow  
A\$0.90  
Etsy  
Free shipping

**CHECK-IN**  
Feelings check in poster, Mental  
A\$6.26  
Etsy  
Free shipping

**WHEEL OF SELF-LOVE**  
Self Love Wheel, Mental health  
A\$6.28  
Etsy  
Free shipping

**CHECK-IN**  
Feelings check in poster, Mental  
A\$6.28  
Etsy  
Free shipping

**AUTUMN**  
Autumn self-care checklist  
A\$28.16  
Creative Market  
\$18.00 + tax

**SELF CARE CHECKLIST**  
Self Care Checklist, Daily affirmations  
A\$6.28  
Etsy  
Free shipping

**SELF CARE TIPS**  
Self Care Tips  
A\$3.59  
Etsy  
Free shipping

View all



Centre Against Sexual Violence Inc ... casv.org.au



Self-Care During a Pandemic ... thiswayup.org.au



Self-care: Develop a Routine ... soundgirls.org



What is Self-Care? - ISF isfglobal.org



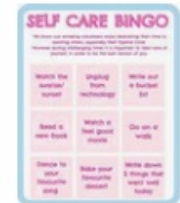
SELF-CARE ... datmedi.com



Love Yourself - Self Care bef... avazapp.com



Self Care maroondahyouth.com.au



Make time for yourself... theyjamafoundation.com



Red Leaf Nutrition 10 Tips for... redleafnutrition.com



Self Care tips - The Therapy ... thetherapyhub.com.au



Self-care beyondblue.org.au



What Is Self-care? - M... mymindsoasis.com



Looking after yourself is the... griffith.edu.au



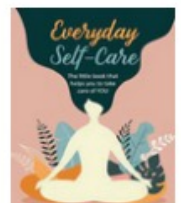
48 Best Self Care Ideas and T... goodhousekeeping.com



Self-Care Alphabet - Sa... satellitelifefoundation.org.au



Self-Care - Student Health & Counseling ... wou.edu



Everyday Self-Care | Bo... simonandschuster.com



Why you need to prioritise self-car... thewellbeingpsychologist.com.au



for Yourself and Restore Your... lifehack.org



Self care Vectors & Illus... freepik.com



UOW Pulse pulse.uow.edu.au



Related searches

- self care quotes
- self care art







SELF CARE  
1 HAVE A SPA DAY AT HOME  
2 GET CREATIVE  
3 READ, MEDITATE  
4 DRINK MORE WATER, HERBAL TEA



\$27.99

get 10% off.

**SELF  
CARE  
CLUB**

eat, hydrate, exercise, sleep

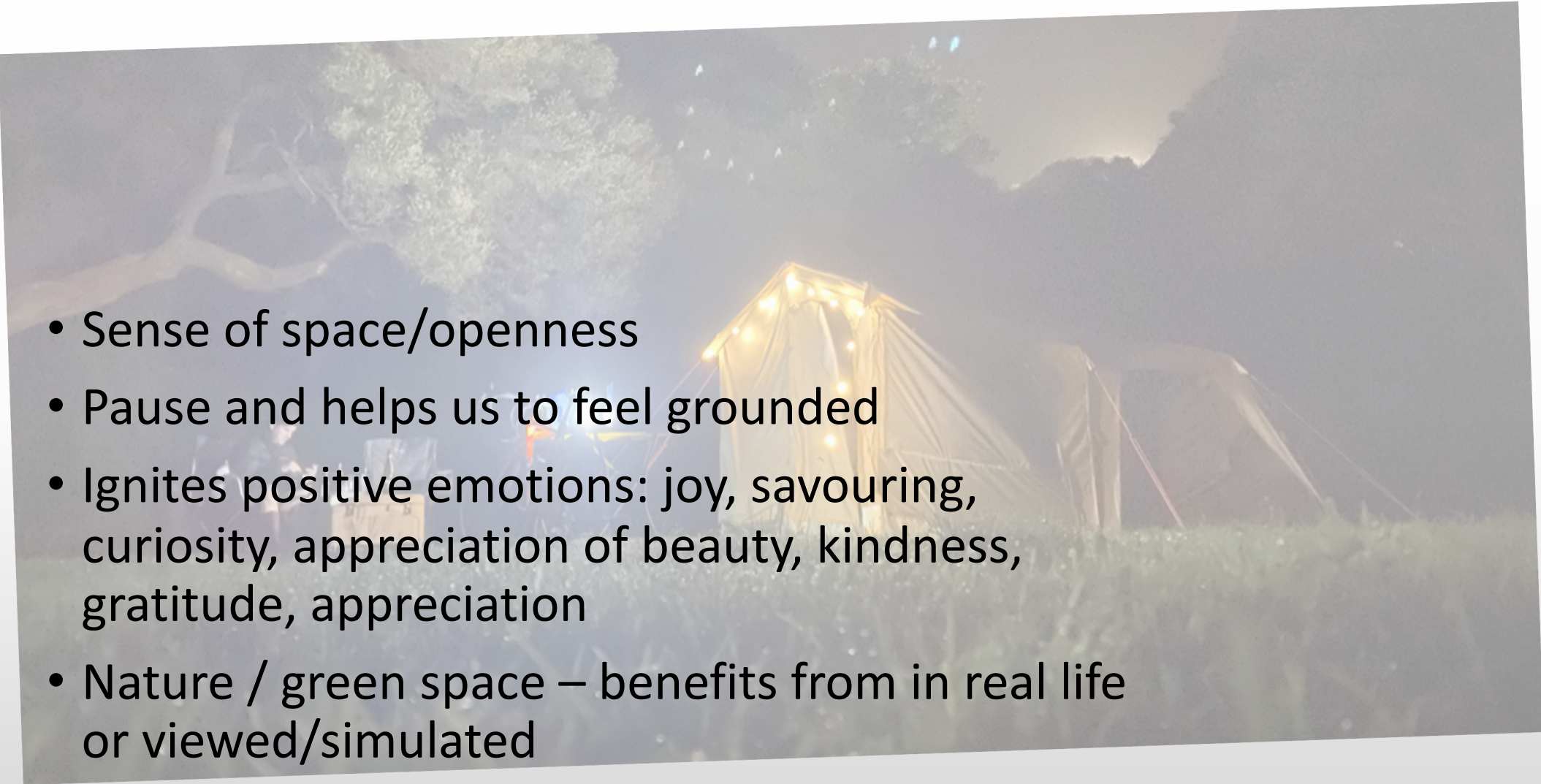


Think – Wait – Share



Let's explore together...but first...



- 
- A photograph of a tent illuminated by warm lights at night in a natural setting. The tent is the central focus, glowing with a warm, yellow light. It is set up in a grassy field with trees and a dark sky in the background. The overall mood is peaceful and cozy.
- Sense of space/openness
  - Pause and helps us to feel grounded
  - Ignites positive emotions: joy, savouring, curiosity, appreciation of beauty, kindness, gratitude, appreciation
  - Nature / green space – benefits from in real life or viewed/simulated

***Self-care*** is anything you do ***proactively*** that helps you ***develop, protect, maintain, and improve*** health, wellbeing or wellness.

It is about meeting yourself each day, ***learning who you really are*** and continuing to be present with your needs to help you be the ***best version*** of yourself today. It's a ***process of self-discovery, not perfectionism or comparing yourself to others.***



What is your wellbeing intention?

# The why...

- **To balance activities and preserve longevity and happiness in both your relationships and your careers.** To do this, we need to accept that it is OK — and actually essential — to put your needs first.
- Self in self-care is not selfish.
- It is relational.
- It can be cultivated.

**Empowering**

Self-less  
Self-aware  
Self-compassion  
Self-management  
Self-responsibility  
Self-worth  
Self-knowledge  
Self-regulation  
Self-awareness  
Self-sufficient  
Self-reflective  
Self-preservation  
Self-efficacy  
Self-preservation  
Self-monitoring  
Self-motivating  
Self-discovery  
Self-love

**Deficit**

Self-ish  
Self-absorbed  
Self-critical  
Self-talk (negative)  
Self-interest  
Self-indulgent  
Self-criticism  
Self-persecution  
Self-sacrifice  
Self-sabotaging  
Self-centred  
Self-assessment





What if self-care is seen as a strength?

Fixed and growth mindset



# 5 dimensions of self-care



Flinders Ranges

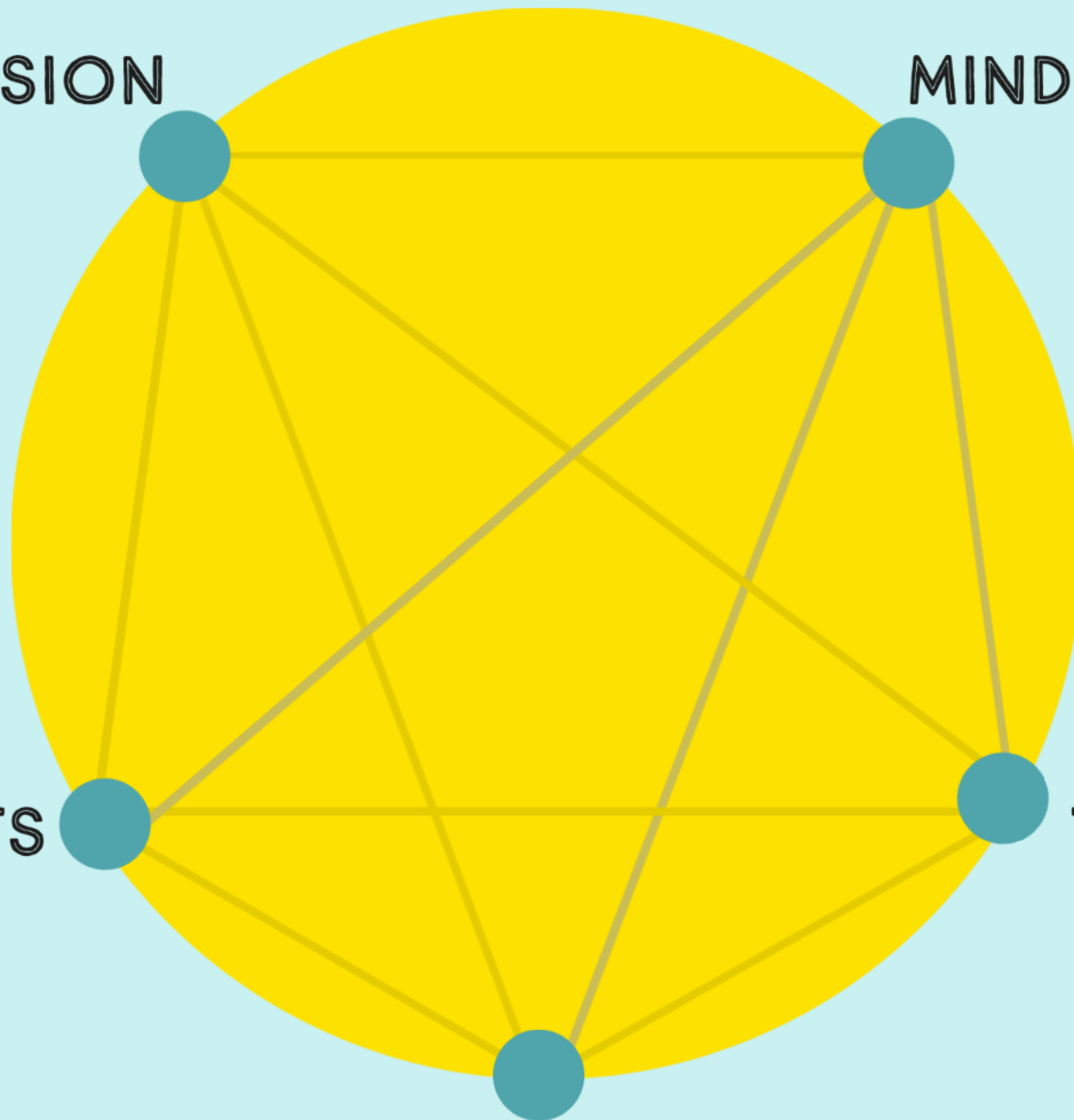
SELF-COMPASSION

MINDFUL AWARENESS

HABITS

TIME

EMPOWERMENT



SELF-COMPASSION

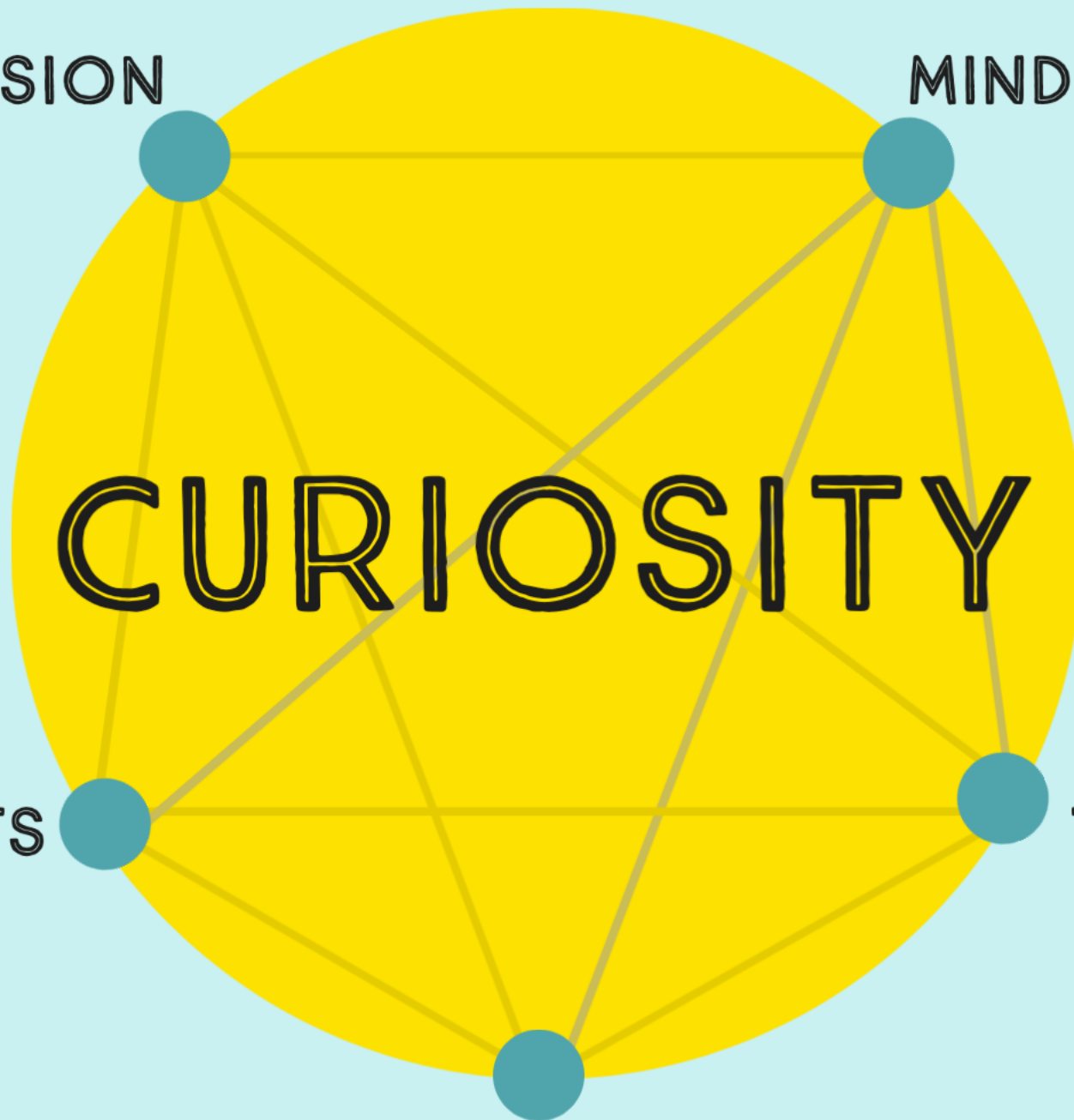
MINDFUL AWARENESS

CURIOSITY

HABITS

TIME

EMPOWERMENT



SIDE NOTE!

Self-compassion  
mindfulness  
experiment  
habits  
time

help us to  
put all of  
tools into action

Experts Advice keep learning

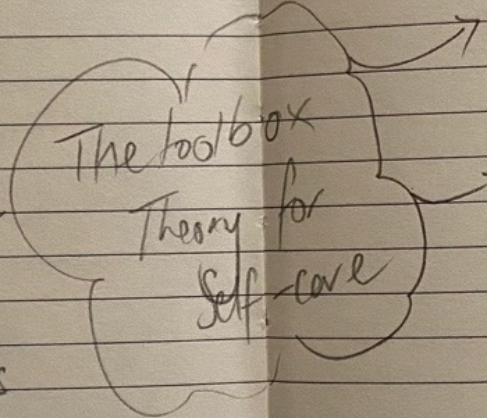
PD - Sometimes we  
need professional  
help

But life does  
have ups & downs

positive variables  
What's good in life =  
Flowish =  
Positive  
Psychology  
informed

new  
old ←  
recycled  
reposed  
well worn  
tool = strategy or a practice  
or array

toolbox = a collection of  
tools



our toolbox needs variety  
across diverse areas of  
wellbeing

PERMA+  
is one way  
to approach  
this diversity



Tools informed by...

- PERMAH
- Ways to Wellbeing
- 10 Keys to Happier Living
- Etc.



We learn from stories

Wilpena Pound, Flinders Ranges





Phd student

Flinders Ranges

It is perfect  
for right now!

#be kind to you

Future teacher



Flinders Ranges [Emus]



Burnout

Flinders Ranges

Rest from people ("me time")  
 Grounding exercises  
 Professional support  
 Nature "green time"  
 Regular long breaks  
 Appreciate others and let them know  
 set intentions/goals before i work with others  
 Seek out feedback formally and informally  
 Keep CV up to date with achievements  
 Set goals - daily, weekly, long term & check in  
 Learn from others with a shared purpose  
 Regular check-ins to my why

Vegetables  
 Bike riding  
 Camping  
 Strength classes  
 #greentearefillsrequired  
 Hiking  
 Celebrate/appreciate small wins - don't rush ahead/move on  
 Collect and look at positive feedback/comments from others  
 Tick off my daily to do list  
 Job craft  
 Get Perspective  
 Say yes to things that connect to my why

Gratitude practice  
**Savour**  
 Altruism - helping others, generosity, assisting, elevating others for their accomplishments/contributions, bringing people together

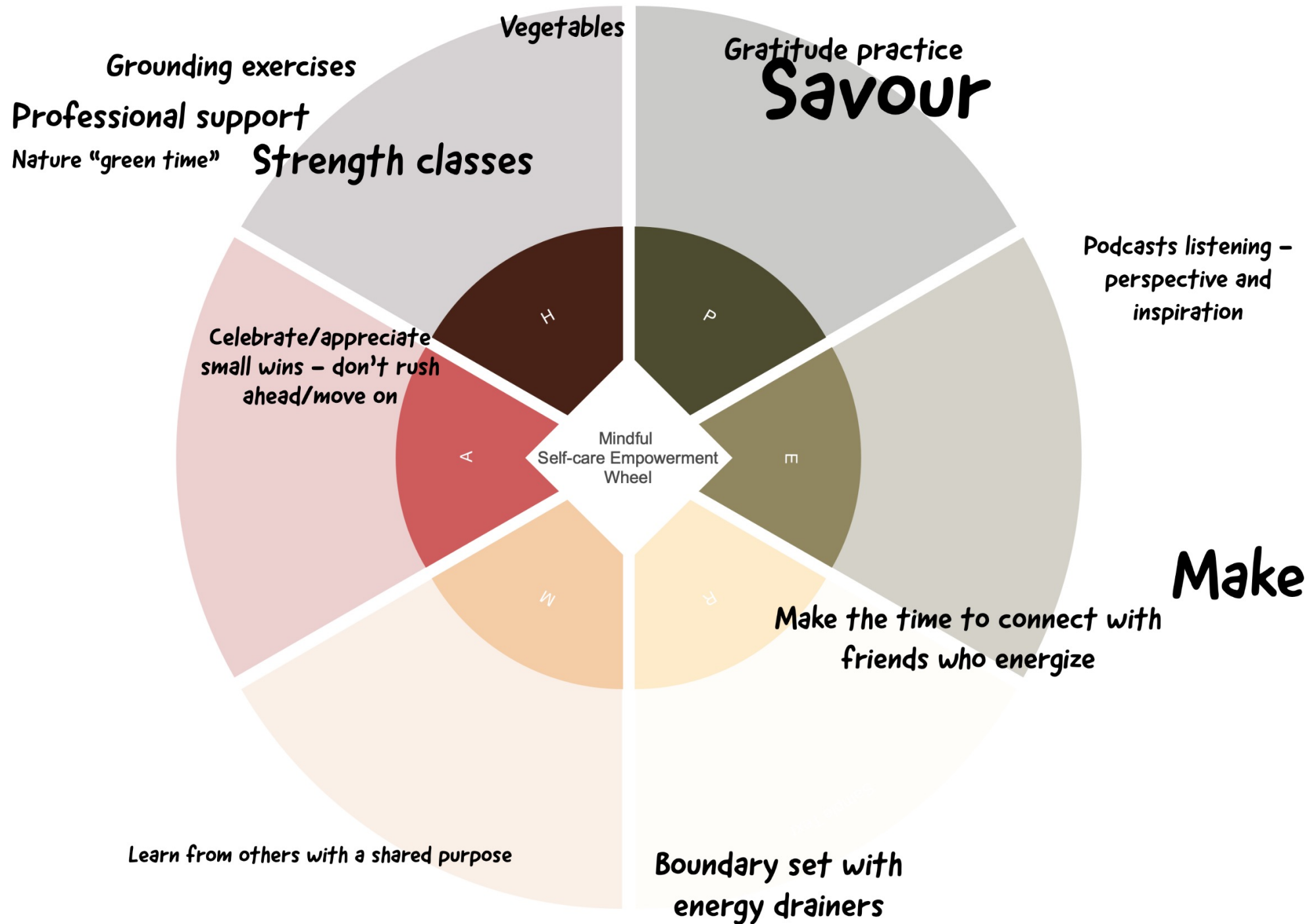
**Optimism**  
 Use my top strengths daily - creativity, awareness, curiosity  
 Know when I get flow and add these in - writing, new ideas, collaborating, making  
 Curiosity and growth mindset reflection on tricky situations  
 Make the time to connect with friends who energize  
**Mentor**  
 Deep listening with partner/loved ones  
 Boundary set with energy drainers  
 Volunteer

Search out daily joyful moments - laughs with friends, jokes, IG stories, puppies, nature, and things that make me smile

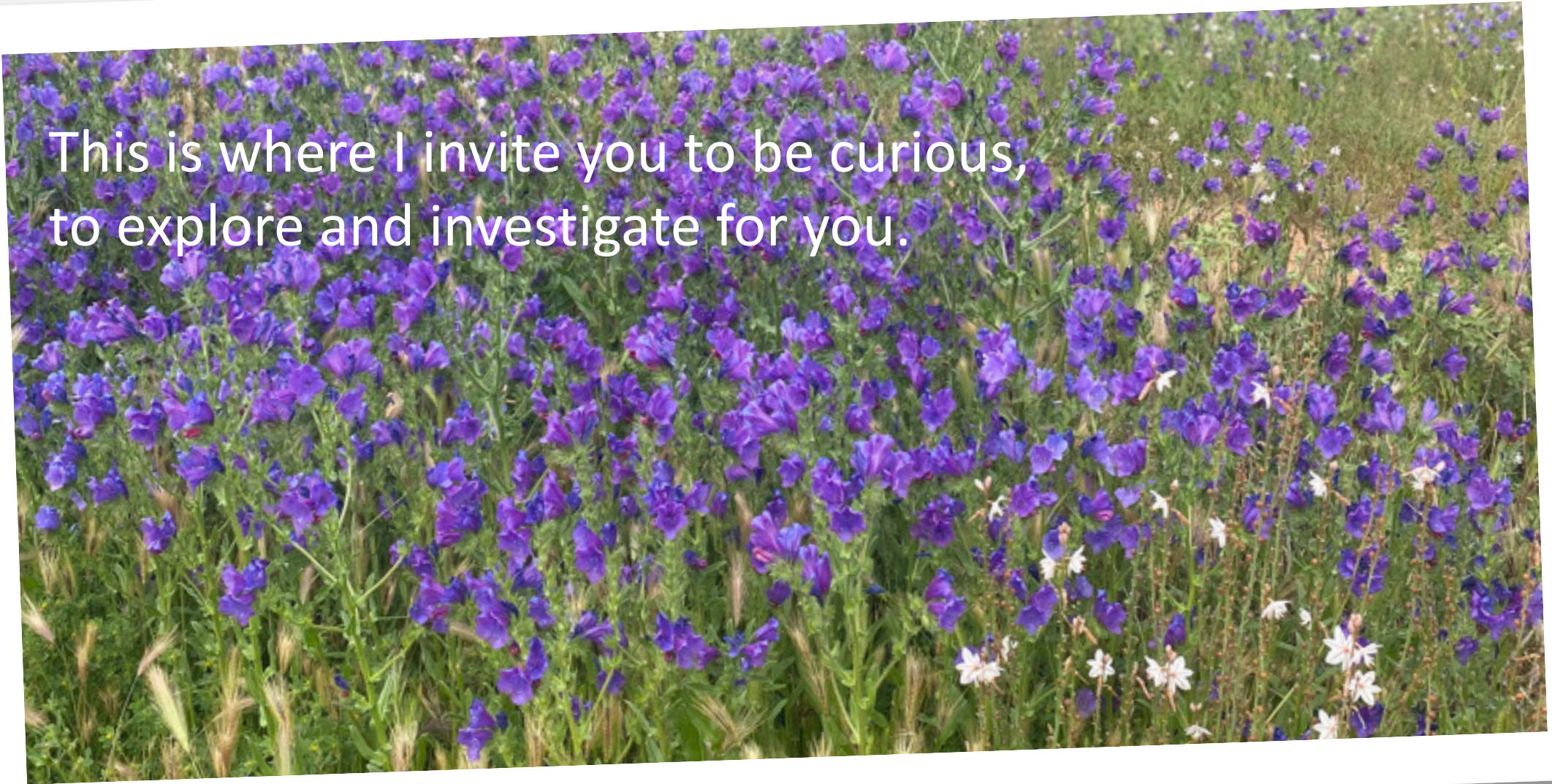
**Hope**  
 Podcasts listening - perspective and inspiration

**Make**  
 Cooking together at home  
 Deconstruct tricky situations/experiences with trust colleague to not ruminate/learn

Mindful  
 Self-care  
 Empowerment  
 Wheel



This is where I invite you to be curious,  
to explore and investigate for you.





Reminders to self  
conversation – 14 reasons  
why self-care is important



- 1 Small changes are a change
- 2 Keep it real
- 3 Be careful with comparison
- 4 It is hard, but it is so worth it
- 5 Variety is required
- 6 Care for you so you can care for others
- 7 Be gentle
- 8 Careful not to judge others
- 9 Embrace daily reflection
- 10 Check in with yourself
- 11 It looks different for everyone, and across time
- 12 Fail forward
- 13 Every day is a new day
- 14 Self-care is not one of those check lists on social media



Think – Wait – Share

[nlemon@swin.edu.au](mailto:nlemon@swin.edu.au)

[@Rellypops](#)

[www.exploreandcreateco.com](http://www.exploreandcreateco.com)