

Put Your Wellness First: A Guide to Personalized Self Care

Putting your wellness first can be challenging. Identifying your self-care needs and linking them to your values, what matters most to you, will help you get started and maintain self-care.

3 steps to take control of your self-care

1 Identify your self-care needs.

The fundamentals can feel anything but fundamental, especially when times are stressful. Take a moment to review how you are meeting your basic self-care needs:

	Really Well	Pretty Well	Could Be Stronger	Could Be A Lot Stronger
Setting Boundaries. Saying no. Not letting low value commitments drain you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking Breaks. Pausing when needed to do something restorative, instead of pushing through.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise. Moving your body intentionally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition. Regularly consuming nutritional foods throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep. On average, adults need 7-8 hours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Connection. Feeling more connected than isolated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2

Create a values-based self-care plan.

When we connect our self-care practice to our bigger values—like family, travel, justice or community—we’re more likely to follow through.

To make your wellness goals stick, tie your self-care activities to your values, or the things that matter most to you.

What do you value? (e.g., health)

How do you want to show up for what you value? (e.g., consistently show up for health)

Write down your top three values.

What three things give you the most sense of meaning and purpose?

Write down how you want to be in relation to each value.

For example, if physical health is your value and you want to be consistent in pursuit of this, you could write “I want to be consistent in my pursuit of physical health.”

Write down just one self-care activity that will help bring you closer to each value.

Be specific and realistic. For example, if you value physical health and want to be consistent, you could write “I’ll go on a walk around my neighborhood for at least 15 minutes, 3x a week.”



Now, set yourself up to follow through by scheduling and protecting time for your self-care actions. Set a calendar reminder to make them part of your regular routine. You can also identify an accountability buddy to share your plan with and ask them to check in on you.

3

Troubleshoot obstacles to wellness.

Consider these tips that can further support your wellness.

- **Media overconsumption:** When the news isn't helping you feel better, prepare better, or view a situation with a more accurate perspective, it's not only okay to take a break—it's probably for the best.
- **Negative self beliefs:** If you find yourself thinking unhelpful thoughts that get in the way of your self-care goals, see if you can come up with an alternative thought that is more balanced and useful.

For example, instead of thinking "Other people's needs should always come first," replace it with "Self-care is necessary for my own well-being, for living in line with my values, and for sustaining my ability to help others."

- **Practice self-compassion instead of self-criticism.** We will all experience challenges from time to time. Try sharing the same statements of comfort and kindness that you would share with others if they were having a difficult time with yourself. These statements of self-kindness can go a long way in supporting your wellness during difficult times.

Jot down any self-compassionate statements that may help you in times of struggle

Lyra is here to support you and your teammates when you need it.

Reach us at care.lyrahealth.com.