



Protecting your own welfare through self-care

Overview

As an Apprentice you are currently undertaking an intense period of study, alongside working full-time, and we understand that this can be a pressured situation. We appreciate that all of our students are individuals with differing coping mechanisms and ways of handling their busy lives. Sometimes the pursuit of a goal can cloud your best judgment and cause you to push yourself to the detriment of your physical/emotional wellbeing. Being conscious of self-care can prevent burn-outs, reduce stress and help you to remain focussed. At BPP, we believe in the importance of self-care and want to create and maintain a nurturing environment which supports you through this busy time.

Taking care of your basic physical and emotional needs should really be the backbone for getting stuff done but, ironically, self-care is usually the first thing to go. If it's got to the point that you've perhaps even forgotten what it means to take care of yourself, these points should help you recover. Things to think about:

- Do not confuse 'self-care' with 'reward'. We've all done it: "If I finish this task by 1pm, I'll take a lunch break." By categorising your basic needs as rewards, you are diminishing your daily ability to look after yourself. You don't 'deserve' a lunch break, you are entitled to one and you need it!
- The above mentality can also be applied to eating the wrong foods or skipping exercise as a 'treat'. Although the occasional treat is absolutely fine, if you are only eating convenience or junk food you will feel its negative effects on your body and your energy levels, making yourself less likely to be motivated. You know that feeling when you have eaten well and done a little exercise? Remember how good that feels and try to make a few choices every day that captures that!
- Your mental health is just as important as your physical health. Just as you would seek help if you were experiencing consistent physical symptoms, you should try to identify any strong emotions or feelings you are constantly feeling, especially if they are effecting your life. When you're feeling any kind of intense emotion — stress or anger, for instance — it helps to take a quick break to process it. What exactly are you feeling, and why?
- Be protective of your time. It's great to be busy but sometimes all you need is a little time to yourself to breathe!

Article/source

<https://lifehacker.com/why-self-care-is-so-important-1770880812>

Supporting reach

<https://youtu.be/dbnyVRHCbdM>

Discussion points

The above video explores a self-care App that you might find useful, have a look and see what you think!

Example key questions

- What daily activities do you do to promote your own self-care?
- Do you feel able to manage your workload?
- Do you understand the benefits of self-care and do you think you might try to incorporate any of its principles in to your daily routine?