

Chaigeley School

NEWSLETTER



Therapeutic Support for Parents & Carers



**SELF
CARE**

What is Self Care?

Self-care is about what we do for ourselves to look after our body and mind physically, emotionally and socially.

Self-care can often be labelled as being “selfish” or seen as a “luxury” when in fact it is about putting your needs first and doing the daily essential things for our body and mind so we can function at our best.

Why is it important

Self-care can help you manage stress better, reduce anxiety, it can make you feel happier about yourself, feel more healthy, have more energy and increase your general well-being. It can help improve relationships with ourselves and with others.

At Juniper Therapy we promote self-care within our team as we believe is that self-care is essential in our roles as we feel looking after ourselves through self-care enables us to care well for others too.

Daily Self-Care Ideas to try today



See our Twitter page for more info, news and activity ideas;
[@TChaigeley](#)



Self-Care during the dark-nights as the cold weather of winter approaches

This time of the year can be difficult; there can be feelings of low mood and feelings of being a bit down or having the “winter blues.” For some people it can be more than this where they experience sadness and depression, decreased energy, food cravings, loss of interest in activities, difficulty concentrating, and change in sleep pattern (sleeping more). This is called [Seasonal Affective Disorder \(SAD\)](#).

Self-Care won't necessary cure these symptoms but it is a good preventative measure for you to check in with your physical, emotional health and your general well-being.

[If you are having more than the winter blues speak to your GP as there is treatment to help. You can also speak to us here at Juniper therapy if you are worried about yourself, your child or someone you know.](#)

Dark Nights and Winter Self Care Ideas:

1. Make yourself your favourite hot drink
2. Call a friend to check in and have a chat
3. Have a hot bath with candlelight and some music
4. Cuddle up on the sofa and read your favourite book, magazine or blog for 30 minutes
5. Take up a new indoor hobby such as knitting, crocheting, crafting, painting
6. Add greenery to your home
7. Take a break from social media
8. Get wrapped up and go for a walk noticing the smells, sounds, and the nature around you.
9. Deep clean your home
10. Do yoga or meditate

If you need any support, don't struggle in silence. Even if you just need to run something by us or need information or help we [ARE HERE FOR YOU](#).