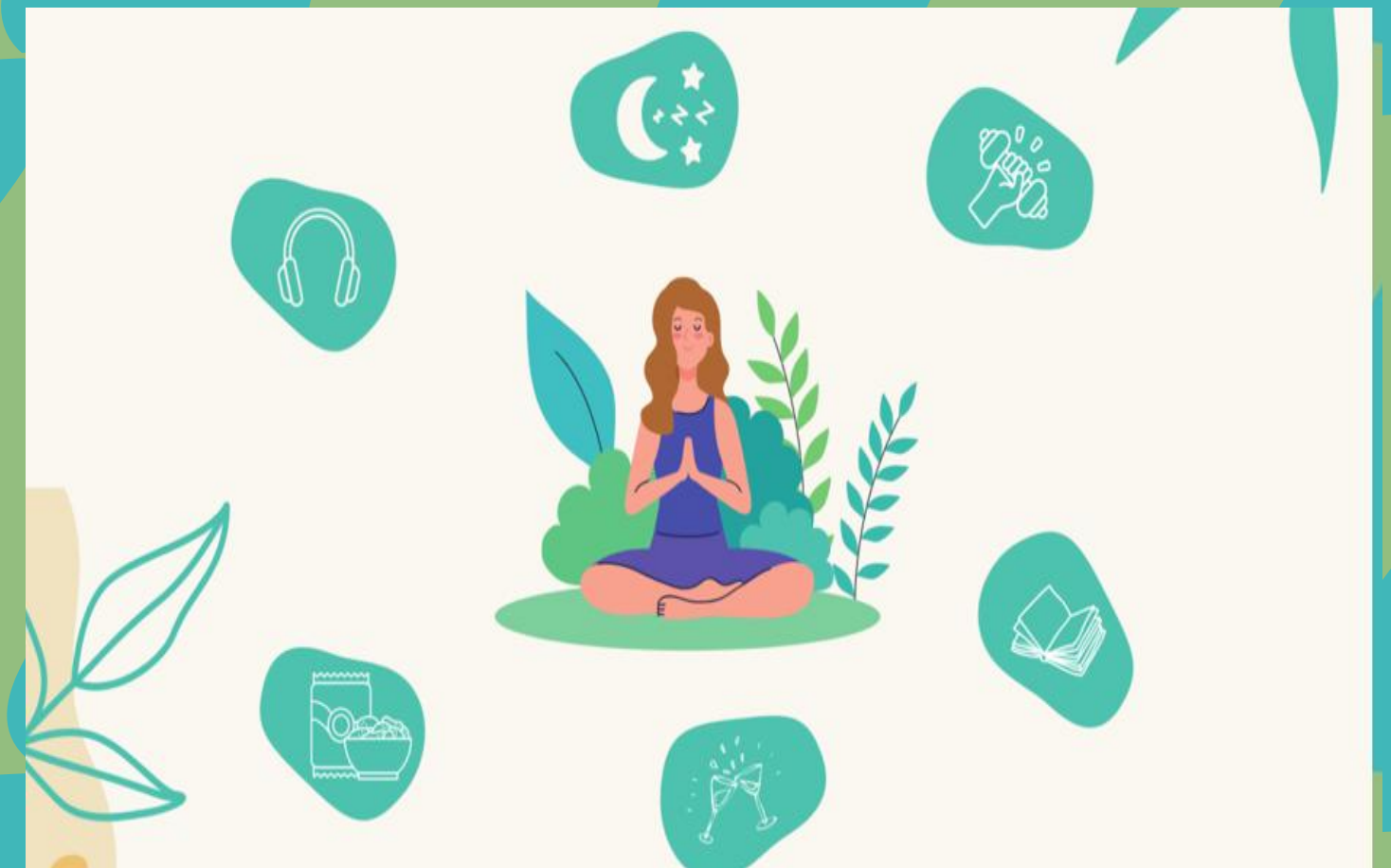


# Self-care Strategies: Taking Care of You

**Faith Gichanga**  
Counselling/ Organizational Psychologist

This presentation focuses:  
Self care



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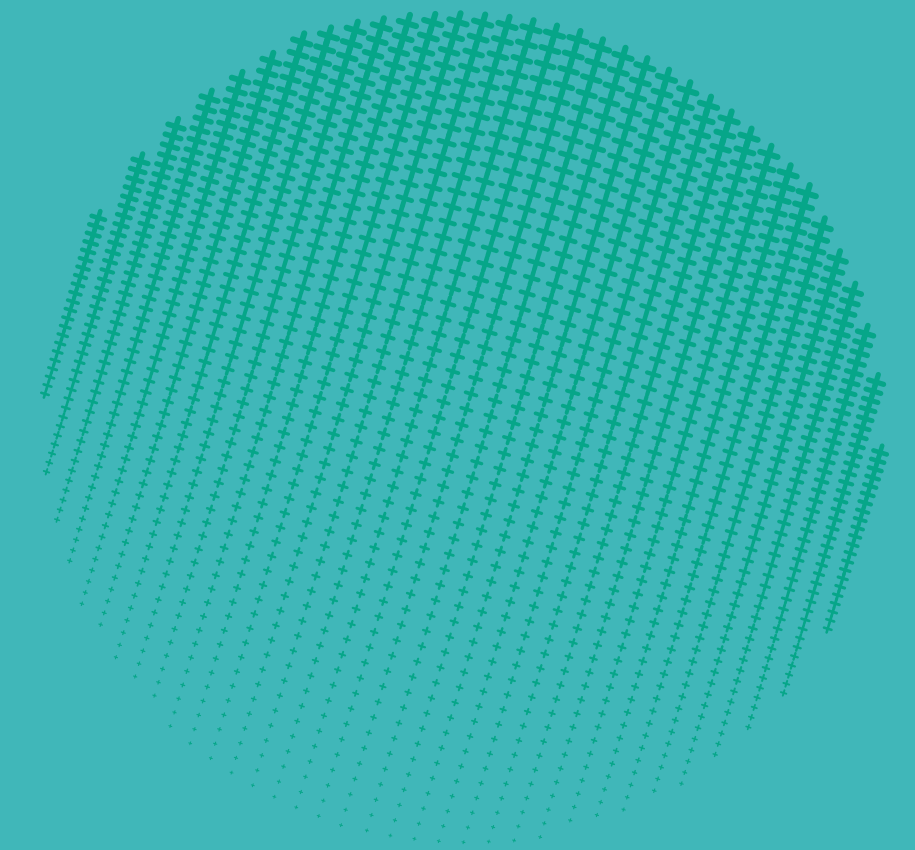
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## Introduction

### What is Self-care?

- ✓ Self-care means looking after your **mind, body, and heart** so you can live a healthy and balanced life.
- ✓ It is **not** being selfish — it's necessary.
- ✓ 💡 **Think of yourself like a jerrycan of water** — if you keep pouring into other people's cups without refilling yours, one day you'll be empty.



*To heal ourselves from stress and emotional burnout we must give ourselves full permission to slow down and rest.*  
Esther Marie Yoga

# Types of Self-Care

## Physical Self-Care

- Eat balanced meals 🍽️
  - Sleep enough 🛌
- Exercise: walking, farming, dancing 🏃
- Stay hydrated 💧

## Mental Self-Care

- Read or learn something new 📖
- Take breaks from overthinking 🧠
- Spend time with positive people 🌱

## Emotional Self-Care

- Set boundaries when others behavior hurts you.
- Walk away from toxic spaces - friendships, romantic relationships, or work that harm your peace.

## Social Self-Care

Be with people who make you laugh and feel safe 🤝  
Join a youth club or group activity 🎯

## Spiritual Self-Care

Pray, meditate, or enjoy nature 🌳  
Practice gratitude 🙏



# Emotional Self-Care – The Overlooked Part

- ✓ Many people focus on food, exercise, and sleep, but forget about emotional health.
- ✓ Boundaries refer to the limits and rules individuals establish to protect their well-being and structure their interactions with others.
- ✓ They define what a person is comfortable with and what they will not tolerate, helping them maintain a sense of self and safety within relationships.
- ✓ They are essential for healthy relationships and personal well-being.
- ✓ It's okay to remove yourself from harmful spaces — this is self-respect, not weakness., it is **not giving up** but it's protecting your well-being.

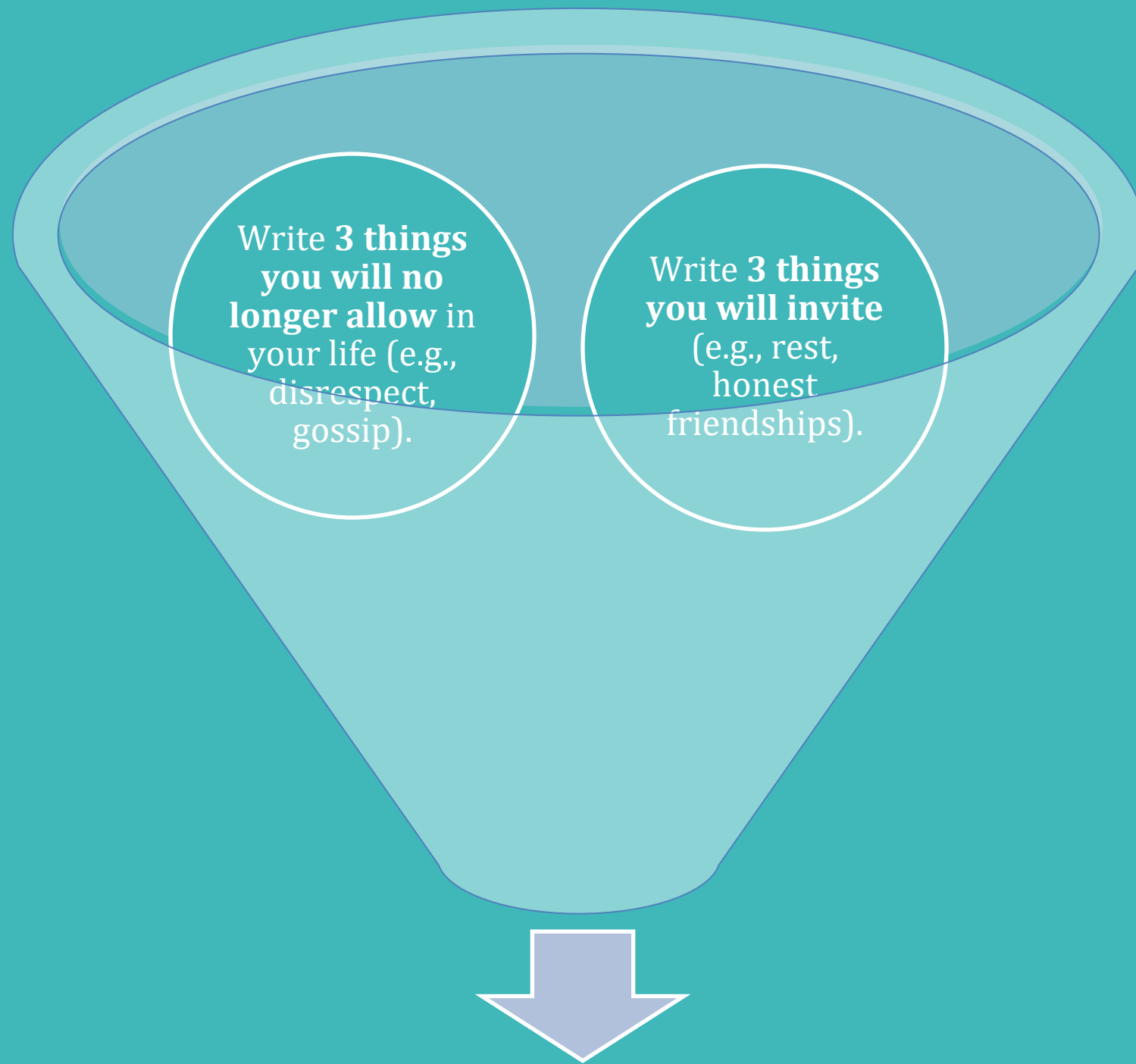


**You can't heal in the same place that keeps hurting you.**

- ✓ **Prioritize self-care:** Make time for self-care activities, even when you feel busy or overwhelmed.
- ✓ **Listen to your body:** Pay attention to your physical and emotional needs and respond accordingly.
- ✓ **Make it a habit:** Integrate self-care practices into your daily routine to make them sustainable.
- ✓ **Experiment and find what works for you:** Self-care is personal, so explore different activities and find what resonates with you.
- ✓ **Don't be afraid to ask for help:** If you're struggling, don't hesitate to seek support from friends, family, or a mental health professional.



# Practical Exercise - My Boundaries List



Write **3 things**  
**you will no  
longer allow** in  
your life (e.g.,  
disrespect,  
gossip).

Write **3 things**  
**you will invite**  
(e.g., rest,  
honest  
friendships).

Keep the list where you see  
it daily.

# 5-Minute Self-Care Ideas





**THANK YOU**

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