

# What is Self-Care?

Self-care is a huge trend in mental health. However, there are many misconceptions about what it means to practice self-care. Read below to learn what self-care *actually* is, and how to practice it effectively in your own life.

## Self-care is not about...

- “treating yourself” to things you are craving.
- Spending a lot of money on the recommended self-care products.
- ONLY improving your mental health.

**Self-care is about** your ability to maintain your health, prevent disease, and cope with illness without support from a healthcare provider, according to the WHO. With self-care, the intention is to work toward improving your quality of health and life **yourself**.

There are seven pillars to self-care as outlined by the International Self-Care Foundation. If you are looking to improve in any of these areas, try applying the tips listed below or coming up with your own!

1. Knowledge & Health Literacy
  - Learn about disease risk factors.
2. Mental Well-Being
  - Spend quality time with loved ones.
  - Participate in your favorite activities.
3. Physical Activity
  - Go on a daily walk.
  - Strength train.
4. Healthy Eating
  - Increase intake of vegetables.
  - Limit intake of sugar.
5. Risk Avoidance
  - Wear sunscreen daily.
  - Cut back on habits which increase risk of disease (e.g., smoking).
6. Good Hygiene
  - Wash your hands before eating.
7. Rational and Responsible Use of Self-Care Products and Services.
  - Follow instructions on medication labels.
  - Contact a pharmacist to explain what you do not understand.



You have control over many aspects of your own health. With the right intention and self-care practices, you can improve your health outcomes. Self-care may not always be simple or easy, but it is worth it.



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