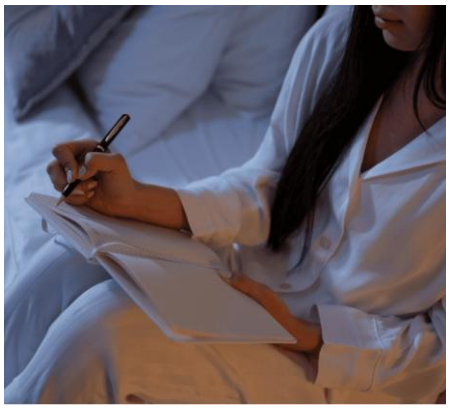
For confidential support, Pebble Wellbeing can be contacted 24/7 on: 0808 168 0751 and 0191 607 6421.



Self-care:

What actually is it?

The Power of self-care



Self-care is a fundamental practice that supports physical, emotional, and mental wellbeing. It is not selfish, it is essential to maintain balance, resilience, confidence, ability to implement boundaries and overall good health."

Technically self-care is taking care of yourself- pretty self-explanatory. But it also has a deeper meaning of "the practice of doing activities that you enjoy or that are relaxing, especially in order to improve or avoid stress"- something a bit more specific yet completely subjective depending on the individual.

It's essentially some activities or daily habits that help you relax, feel good, maintain and improve your physical and mental health. It depends on what works best for you, but it can be activities such as journalling, exercise, listening to music, watching movies, eating your favourite meal etc...

Simply ask yourself: what makes you feel good and what will help you cope with stressful situations?

It can be some daily non-negotiables that make you feel happy, or something you practice weekly or as and when you can.

If you feel like you're stuck with time, something simple like listening to a podcast on your daily commute or walking on lunch breaks can help. Maybe even watch a movie once a week... just set some simple goals that work within your time and schedule.

Your self-care time has to fit into your schedule without overwhelming it, so that it's easier to become a habit and more routine. Not only will this boost your mood, but it also means that when stressful situations arise, you're equipped to deal with them in a healthy and positive manner.

Some self-care



Practicing mindfulness

Healthy eating: a simple guide

Sleep hygiene

Everything you need to know about exercise

At Pebble Wellbeing, we have some useful tips and inspiration to help you with your self-care journey...

P.S. your login details to access these online resources is CLEVELANDWELL.

This confidential service offers a wide range of wellbeing, financial, legal, and management support, available 24 hours a day, 365 days a year. Support available includes: Immediate emotional support – available 24/7/365, Structured counselling – face-to-face, secure video, or telephone sessions, Guided self-help programmes using tailored CBT support, Legal and debt management helpline, Manager support services – including Day 1 stress intervention Digital wellbeing portal featuring: Live chat, Wellbeing programmes, Webinars, Exercise videos, Podcasts. Healthy recipes, Fact sheets and more Critical incident support Questions?

Reach out to our Pebble Team at hello@pebblewellbeing.com For further info: please visit www.pebblewellbeing.com