



Self-Care

A GUIDE FOR CAREGIVERS ON CARING FOR ONESELF

Prepared and compiled by Counsel to Secure Justice

What is self-care?

To function effectively, it is important for everyone to take care of their wellbeing. Practices to ensure physical, mental and emotional health constitute self-care.

Components of self-care

1. Self care: Body

Eating nutritious food

- Intake of proteins, gut friendly food
- Intake of comfort food

Getting adequate sleep

- Sleep schedule
- Create bedtime rituals

Body movement/exercise

2. Self-care: Mind

Routine

- Create a list of all tasks you need to complete
- Plan a time slot you want to wake up and sleep
- Allocate time for yourself and your hobbies
- Learn new things regularly
- Do something new once a week
- Play games/ cook etc.

Practice gratitude

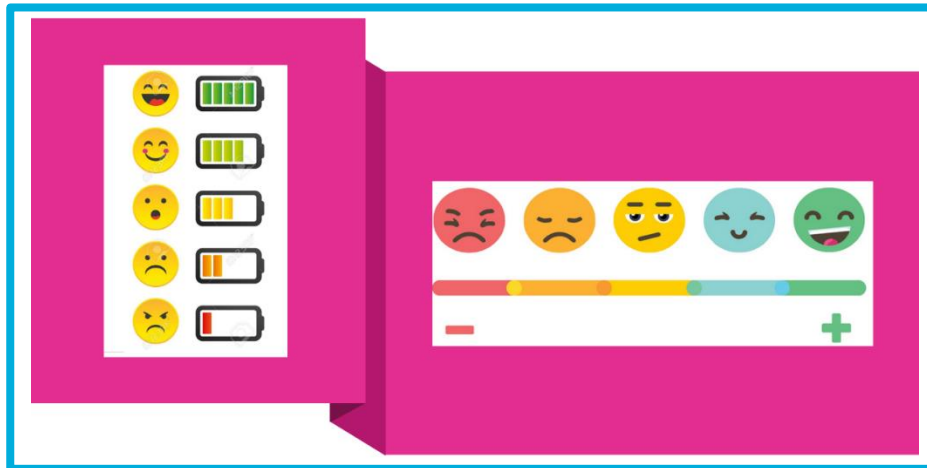
- Writing down things we are thankful
- Telling people why we're grateful
- Writing notes/letters

Self-awareness

- Tools to better understand oneself

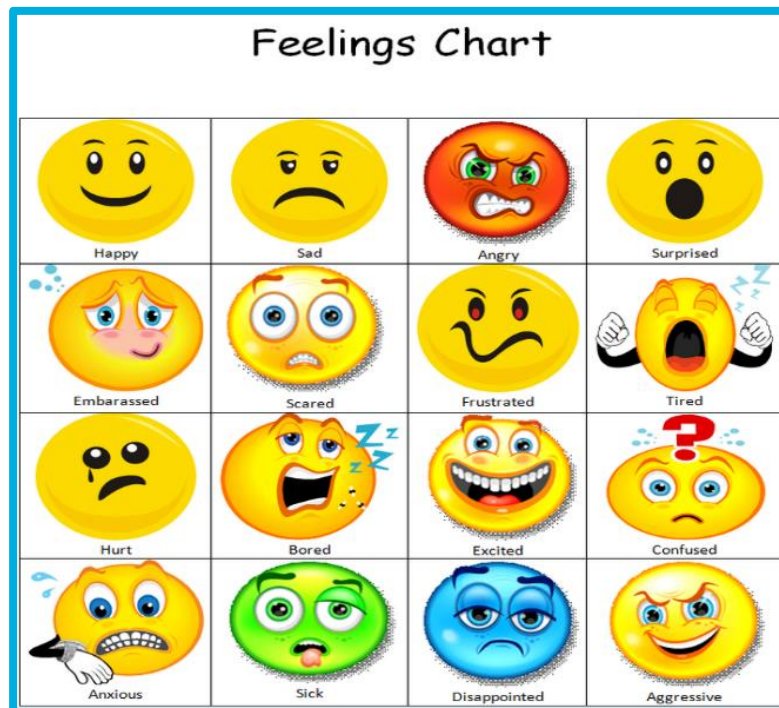
Tools to better understand oneself

Using these tools, ask yourself how are you feeling?



Tools to understand one's emotions

How are you feeling?



Tools to calm oneself

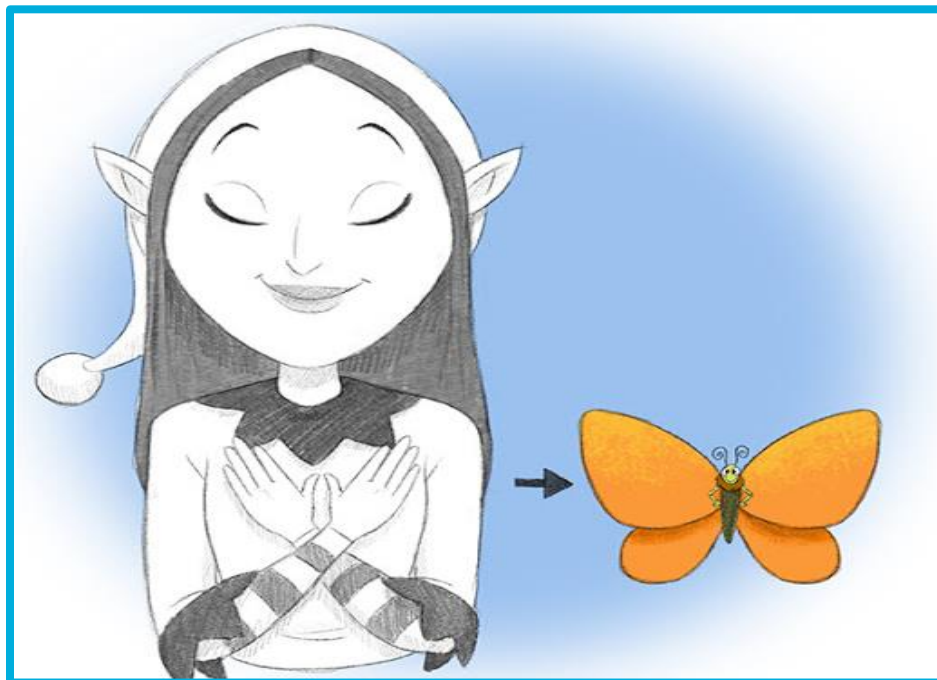
Body scan

Take a few deep breaths, paying attention to your breath as it goes in and out. Slowly scan your body from head to toe, bringing your attention to each area of your body:

Tools to deal with difficult emotions

BUTTERFLY HUG

1. Cross your hands across your chest, with your middle fingers resting on your collarbones
2. Raise your elbows to create your butterfly wings
3. Slowly tap hands on your chest, alternating left and right
4. While tapping, breathe in through your nose and exhale through your nose



Grounding techniques for anxiety/stress/overwhelming emotions

- **Breathing**
 - 2 counts in and 4 counts out
 - 3 counts in and 6 counts out
- **Use your 5 senses**
 - What can you see?
 - What can you hear?
 - What can you taste?
 - What can you feel?
 - What can you smell?
- **Look around you**
 - Name four shapes you see
 - Name three colours you see
 - Name things starting with B
 - Count all the things which are green
- **Focus on physical sensations**
 - Hold an ice cube in your hand
 - Splash your face with cold water
 - Put your feet on the cold ground

Emergency self-care tool kit

It can be a collection of

- items, things that calm you
- things from 5 senses that can ground you
- things that help you relax
- things that make you happy
- reminder for things not added to the collection



It can include anything, pictures, Music, drawing book, food snack, water (other drink), old letters etc, reminder to call a friend.

Mental health helplines

ACROSS INDIA

iCALL

- Counselling: 9152987821 (10 am to 8 pm, Monday-Saturday)
- Special COVID Helpline: 9152987820 (10 am to 6 pm)
- Webiste: <http://icallhelpline.org/>
- Email: icall@tiss.edu
- App: nUltra

NIMHANS

- Toll free mental health helpline: 08046110007

Fortis Stress Helpline (15+ languages)

- Helpline: 7893078930 (10 am to 6 pm, Monday-Saturday)
- +91-8376804102 all days, 24*7

Arpita Foundation (English , kannada , Hindi , Tamil , Telegu , Malayalam , Gujarati and Bengali)

- 080-23655557 (10 am to 1pm, Monday to Saturday)
- Email: arpita.helpline@gmail.com

Spandan (English and Hindi)

- 7389366696 (All days, 24*7)

BENGALURU

- Mitram Foundation: 080-25722573 (10 am to 2 pm, Monday to Saturday)
- Email: share@mitramfoundation.org

MUMBAI

- mPower and the government of Maharashtra and BMC : 1800-120-820050
- Poddar Foundation and Rotary Club of Bombay: 1800-121-0980
- Hitguj: 022-24131212

GANDHI NAGAR, GUJARAT POLICE

- Jeevan Aastha Helpline: 1800 233 3330
- <http://www.jeevanaastha.com/>

GOA (ENGLISH)

- COOJ Mental Health Foundation: 0832-2252525
- One life Foundation (English, Hindi, Tamil) : 7893078930

MOBILE APPLICATIONS

- Wysa
- Moodpresso
- Calm
- Ambience
- Cure Fit
- Virtual Hope Box
- Stop, Breathe & Think