

**Self-Care Guide To**  
**Take Better Care**  
**Of Yourself**



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# Abstract

Self-care is vital for maintaining physical, mental, and emotional well-being, especially in a vibrant city like Brisbane. With its fast-paced lifestyle and abundant opportunities, prioritizing self-care ensures balance and prevents burnout. Brisbane offers numerous parks, wellness centers, and outdoor spaces, encouraging activities like yoga, meditation, and exercise to rejuvenate your body and mind. Engaging in self-care not only enhances productivity but also fosters resilience to tackle daily challenges. Exploring Brisbane's serene surroundings, such as the Botanic Gardens or South Bank, can be therapeutic, promoting relaxation. By embracing self-care, residents can thrive in Brisbane's dynamic environment with a healthy and fulfilling life.

## 1. Introduction

Taking care of yourself is essential for leading a healthy and fulfilling life, especially in a bustling city like Brisbane. With its blend of urban vibrancy and natural beauty, Brisbane offers countless opportunities to prioritize self-care. From strolling through the lush Botanic Gardens to practicing mindfulness by the Brisbane River, there are many ways to recharge and focus on your well-being. This self-care guide is designed to help you explore practical tips and local resources to better care for your physical, mental, and emotional health. Embrace the journey to a healthier you while making the most of Brisbane's serene surroundings.

## 2. Why Self-Care is Critical to Long-Lasting Success

Self-care is really looked down upon in our culture. At best, we pay lip service to it. We may say that it's important, but if you were to see somebody who, instead of working 40-hour weeks decided that they could only work a 30-hour week because they needed the extra time for sleep, nutrition, exercise, or otherwise for caring for their physical body, many people would look at that person and say, "They just can't hack it in the real world." That person would be looked at with derision (and probably envy), and even if they got the same amount of work done as everyone else, would probably be considered somehow "less than."

Our culture doesn't reward self-care either. Almost everyone I know has at some point in their lives worked a job that felt menial or below their abilities. The trick in those situations always seemed to be working just the right amount so you didn't get into trouble, but also so you didn't have to do any extra. If you did the same amount of work as everybody else (despite being capable of doing more) then you would go relatively unnoticed. If you did more work than everyone else, you would definitely be noticed, but this could either be good or bad.

If you were noticed by other employees, they might dislike you because you were "making them look bad" to management. Their concern would be that management might increase their workload, and they'd have to work harder. If you were noticed by management, you would probably be praised and then given more work to do. You would now be expected to pick up slack for any employees who weren't pulling their weight, and probably not for any extra pay. In that situation, there's not a huge amount of external motivation to achieve more and do better. If you do more and are just given more work as your reward, that doesn't feel very satisfying.



I always felt that if I could do more in less time, then I should be able to work fewer hours. Now, in a retail shop where the hours are based on a schedule and not performance, you can't really get away with that, but in a corporate environment, it always felt awkward. I would much rather have been a salaried employee so I could get my work done and leave instead of being required to work a specific (and seemingly arbitrary) number of hours.

For example, in college, I took a job as a temporary worker, and I was hired out to a company that wanted people for data processing. It wasn't complicated and it didn't take a particularly long time; however, when I arrived the first week, they didn't actually have any data for us to enter. It was supposed to be orientation, but there was nothing for us to do. I read through the employee handbook and did the computer-based training that was assigned and I asked what was next. I was simply told to wait, because I had done everything they wanted us to do for that week in less than four hours.

So I waited. Instead of being able to leave, go home, and be free, I had to sit there for all eight hours with nothing more to do. (There was no Internet on these computers so I couldn't even surf the web!) I played so much computer solitaire that before the end of the first week, I quit. I couldn't fathom that I was being paid to sit there and just wait for somebody to give me work to do. It was miserable.

By making me sit there for all of those wasted hours, I couldn't do any of the things that were really important to me. Now, earning money was important to me, but it wasn't the most important thing. I also valued having time to myself, time to relax, time to cook healthy meals, or time to read interesting books, (I couldn't even read books while I was sitting there for those extra hours because we had to look like we were working on the computers, even if there was no work for us to do.) It didn't align with my values and it felt completely meaningless in my life.

As entrepreneurs though, we can incorporate self-care into our routines because we are not typically bound by the same kind of time constraints I had as a temporary worker. We can give ourselves permission to be efficient and take the time we need to nurture and nourish ourselves.

In that temporary job, if I had been allowed to do my work, go home, and get paid a flat fee, I would have been the best employee they'd ever seen. I would have done my work extremely well and efficiently, and I would have been a satisfied, well-rounded person. I could have easily done the work they had for me and they would have been very happy with my results. I probably would have taken half-hour lunches (instead of the required hour), worked short days, gotten a lot accomplished, and still had time to study and do other things that were important to me. I would've had time both for work and self-care.

The studies I've seen on productivity and efficiency all suggest that taking care of ourselves makes us better workers, because again, we are part of nature. We ARE nature. We can't deny the physical, biological needs of the human body. That's where self-care becomes really critical. On a basic level, self-care is about understanding that our bodies, minds, hearts, and spirits all have needs that cannot be denied without consequence.

The great thing is that there are more ways to practice self-care than there are people! There's no one-size-fits-all approach, so you can do what you like! That said, I believe in practicing loving self-care on a daily basis. It's part of my philosophy of how to live your ideal luxurious lifestyle, and as it's your ideal lifestyle, you have to find what works for you.

Personally, I take the time to listen to my body. I pay attention to what's going on in my mind and in my feelings. When things are out of whack, I attempt to do something to correct that. It doesn't mean that I'm perfect. It doesn't mean that I don't ever have stressful days or take my negative emotions out on people who don't deserve it. I try really hard not to, but it happens, because I'm human and because I'm still a work in progress—as we all are

Practicing daily self-care is critical to your health and well-being. When you're out of your mojo, learning to relax and nurture yourself is one of the biggest gifts you can give yourself; in fact, sometimes it's all you can do. Sometimes there are just no results to be had, and that's when it's time to move into a state of acceptance. For many people, this is easier to understand when you recognize that, as a part of nature you are subject to natural law. The bears hibernate for a reason. The trees shed their flowers and leaves for a reason. There are some timings that we just cannot force.

So, if instead of trying to force things to happen when they cannot, you take care of yourself and use the time to breathe and reflect, you will be able to create. Use that space of infinite possibility to create something magical because you're not busy fighting yourself. That's the beauty of self-care; it gives you space for whatever you need, be it healing, rejuvenation, or simply peace.

### **3. Ways to Build a Self-Care Routine You Can Feel Good About**

Most of us went through a serious personal care and hygiene "adjustment" over the past year during Covid. I stopped wearing makeup pretty much every day. And many days I didn't even bother with deodorant (don't worry, I do wear it if I'm meeting anyone outside of my immediate family although I've now switched to a natural brand). My husband shaved his head and grew out a Ragnar. Even our teenagers were noticeably less showered (and that's coming from a low base to start with). And you must have been living in a cave if you missed the celebrity bathing "controversy."

But while some things have slipped a bit, much of the reworking of our routines has been good and sustainable. Many of us have simplified our routines, which is a good thing. We also have the unique opportunity of revisiting which products we are using and, ideally, opting for clean, non-toxic beauty and personal-care products

Take this time to educate yourself on what you are putting in and on your body. Start reading the ingredient labels on what you're using; you might be shocked at what you find (90% of haircare products on the market still contain either sulfates, parabens or phthalates). Check out this list of 12 toxic cosmetic ingredients from EWG and see what might be lurking in your beauty products.



Here are some of our tips for holding on to some of the simpler things that work for us while also kicking it up a notch so we don't feel like complete neanderthals. It's all about finding that happy medium that will work for you — and be sustainable moving forward.

### **1. Get back to the indulgent basics**

Focus on clean, high-performing products that will make you feel like you're having professional services at home, whether that's skincare or haircare. Having glowing skin that doesn't require foundation or loads of makeup is fantastic and much healthier. And the right haircare products will keep your hair hydrated, healthy and manageable — you won't need to shampoo as often, which is a plus. Look for shampoos without sulfates, parabens or phthalates.

### **2. Try to find multi-tasking products**

This way, you can still keep things simple but not feel like you're cutting corners. There are a lot of great skincare products that have multiple benefits or will take care of multiple areas (so you don't need to buy 40 products — which is how many the average woman owns according to Good Housekeeping).

### **3. Get a low-maintenance hair cut**

Shaggy bobs are in. So are mullets. Go for that cute pixie cut you've always wanted. It makes it so much easier to be Zoom ready, and you won't have to rely on so much heat styling, which isn't good for your hair.

### **4. Don't forget to take care of yourself from the inside out**

High-quality collagen can really enhance the strength of your skin and hair from the inside. There are also some great hair-growth supplements if you need those and, of course, staying on top of your vitamins and supplements to boost your immune system and energy is always a smart decision.

### **5. Get a good night's sleep**

I now take sleep supplements pretty regularly, and they really help me not just get to sleep, but stay asleep, which becomes more elusive as you age, it seems. There are some fantastic CBD and CBN options as well as THC hybrids if you're lucky enough to live in a state where it's legal.

### **6. There's nothing wrong with sticking to the little things**

Don't give up those small additions that make you feel put together. I like my lip gloss. Even if I'm wearing a mask, I put some on so I feel done and my lips don't feel naked. So, whatever those little touches are for you, go for it

### **7. Find products the whole family can use**

It has really simplified our shower clutter once we all started using the same haircare products (gender neutral and all about hydration of course). That's a bit harder with skincare, but we're slowly aligning around a body lotion and body wash that everyone likes.

### **8. If you love a good scent, get a luxe candle**

Just look for a cleaner burning one (beeswax). And if you like to wear fragrance, then be wary of phthalates that can be hidden in fragrances. Labeling regulations don't require manufacturers to disclose what's in their fragrance on the packaging (although we do it on ours and many other brands are starting to as well).

As we continue to adjust to our new Covid reality (not to mention the countless climate-crisis issues around us), we can still take care of ourselves — just in a more low-maintenance way. This is a good thing: It's time to be healthier and simplify a part of our lives so we can better focus on our priorities.

## **4. Practicing Self-Care: Work, Yourself And Everything In Between**

Work, family and social commitments create multiple demands on your time and energy, which can be stressful and exhausting, leading to ill health, low productivity and burnout. That's why self-care is vital.

In 2005, the Brisbane Department of Health defined self-care as a part of daily living: "It is the care taken by individuals towards their own health and well-being, and includes the care extended to their children, family, friends and others in neighbourhoods and local communities."

Self-care is about attending to your own needs — looking after yourself emotionally, physically and psychologically — and includes rest, pleasure and healthy habits. Unfortunately, some people equate self-care with self-indulgence, as if attending to your mind, body and spirit is a luxury. It's quite the opposite. Self-care is a necessity.

Benefits of self-care include less stress and anxiety, increased happiness and positivity, better relationships, greater productivity, improvement to overall health and functioning, and even a longer life. In spite of this, most people, especially the middle-aged, ignore the signals and plow on. The Pew Research Center says that baby boomers spend half as much time as millennials on improving their own well-being through self-care (diet, fitness, therapy, life coaching and well-being apps).



In his TEDx presentation *Why We All Need to Practice Emotional First Aid*, psychologist Dr. Guy Winch discusses the importance of looking after yourself — not just physically, but psychologically. He says, “We sustain psychological injuries even more often than we do physical ones, injuries like failure or rejection or loneliness. And yet, even though there are scientifically-proven techniques we could use to treat these kinds of psychological injuries, we don't. It doesn't even occur to us that we should.” Let's take that holistic view of self-care and look at some practical tips for looking after ourselves

### **Self-Care At Work**

If you spend half your waking hours at work, it's important to incorporate some self-care. But how do you do this while on the clock? It can look like this:

- Be intentional and strategic about how you manage your time and energy. Think about what you want to achieve or do, professionally, and then set goals with plans to achieve them.
- Speak up. Do you need help? More time to finish a project? A break? All too often, without ever actually expressing their needs, people make assumptions about their bosses' reactions. Identify what you need and why — and respectfully ask your boss for it.
- Delegate. Not delegating denies your direct reports opportunities to learn, grow and be visible
- Learn to say no. It might be hard, but it's not as hard as spending the weekend working because you couldn't say no. Saying no is a valuable skill you will benefit from using in every area of your life.

### **Self-Care For You**

We are so busy doing things for others and taking care of others that we often forget to practice kindness toward ourselves. How can you do that?

- Schedule self-care in your calendar. Create a daily ritual, whether it's going to yoga or the gym, or just starting your day with a glass of hot lemon water.

- Stop “shoulding” yourself. Release yourself from the guilt of things you ‘should do,’ and make life easier. When you’re busy but think, “I should really bake brownies for the team,” instead give yourself permission to buy them. Rather than invite friends over for dinner, meet at a restaurant.
- Accept that things go wrong. Everyone makes mistakes, and everybody experiences failure. That’s a fact. How we deal with mistakes and learn from them is more important. Reframe it as a journey, not a destination. These things will pass, and you can move on.
- Avoid negative people. Many of us are self-critical enough without spending time with negative and judgmental friends and family. Put distance between yourself and these people.
- Comparison is the thief of joy. We each have different strengths and paths, so comparing yourself to another person is just setting yourself up for defeat. Focus on your own strengths and successes, not what others are doing.
- Digitally disconnect. Constant emails, social media and social issues can be draining. Disconnect from these dramas, and reconnect with yourself and with others around you in real life.
- Take a vacation. Book your annual vacation in advance — or take a spontaneous weekend trip.

### **Everything In Between**

Our lives involve other people — friends, family, partners. These relationships need tending, but they are also a source of self-care.

- Fuel your love life. If you’re seeking love, set aside time for looking online and meeting up socially. If you are part of a couple, have a date night (even if it’s at home, after the kids are in bed).
- Outsource help. Household chores, picking up kids, making meals — these all require time and energy, both of which are often in short supply. Where you can, purchase services to free up time to do what is important to you and/or your family. In my experience, it’s an investment that pays off.
- Make time for your friends. Whether it’s a meal, a drink or a call via phone or Skype, it’s important to stay connected and catch up.
- Relax to gain peace of mind and clarity. Practice mindfulness and meditation, which can help you to clear your mind, focus, consider your actions and cultivate a deeper awareness.
- Rekindle your passions. What did you love doing before you became so busy? How can you reincorporate this into your life? Do you love African dancing, but there are no classes nearby? Dance at home with help of a video on YouTube.

Self-care is not self-indulgent. It is about taking positive actions to address or remove everyday stressors in life. It is essential in helping you to create the life you want and in living that life according to your personal values. Above all, it is an investment in your self-worth.



## 5. Summer Self-Care Ideas to Take Better Care of Yourself in the Heat



Don't let a little extra sweat hold you back on your self-care journey.

There is no right way to self-care your way to a healthier mind and body, but there are certain wellness trends that are more helpful than others. Self-care in the summer is all about moving more outside, cooling down, and adjusting your routines to accommodate all the extra sweat.

We spoke with a psychologist and a lifestyle influencer to get two different yet valid perspectives on how to take care of yourself in the heat. Here are some summer self-care ideas to try for greater well-being and balance.

### **Morning or Evening Walks**

Both experts agree that an early morning or late evening stroll is an ideal self-care activity in the summer. According to Sanam Hafeez, PsyD, it's so important to take advantage of the cooler temperatures before or after the hottest times of day between 12 p.m. and 6 p.m.

"This practice helps you avoid the heat of the day while allowing you to experience a sense of calm and peace. Regular walking can enhance your mood, alleviate stress, and promote heart health," Haheez explains. "Additionally, natural light exposure during these times helps regulate your body's internal clock, improving sleep patterns."

Podcast host Danielle Carolan combines her morning stroll with a little caffeine. "I wake up, grab a cup of coffee, put on a cute walking outfit, and head out for some morning movement!" Carolan says. "This

routine makes me feel great throughout the day because I've exercised and soaked up some morning sunlight, which is incredibly beneficial for your health."

### **Ice Water**

Sure, drinking cold water can be a great way to rehydrate in the summer, but let's take this summer self-care idea a couple of steps further. Dunking your face in a bowl of ice water can activate your parasympathetic nervous system and help you de-stress.

If that practice seems like too much, try spraying your face with cold water or consider an ice facial. If you're struggling to stay cool, create a DIY air conditioner by putting a bowl of ice in front of a fan and sitting in front of it.

### **High Protein Smoothies**

Workouts can be more intense in the hot weather, so make sure you replenish your protein while also cooling down. Carolan likes to whip up smoothies that are cold and protein-packed.

"I'm always on the lookout for a refreshing cold beverage in the summer. I've mastered recreating my favorite chocolate protein smoothie at home. It's not only super refreshing but also a great source of protein after my workouts."

### **Outdoor Mindfulness Sessions**

Mindfulness and nature go hand in hand when it comes to improving our mental health. "Dedicate a few minutes each day to being mindful in a natural setting, such as a park or your backyard," says Hafeez.

"Pay close attention to the sensations around you, like the warmth of the sun, the sounds of birds, and the feeling of a gentle breeze. This mindfulness practice can lower stress levels and enhance mental clarity by helping you stay present and connected with nature, which can be particularly rejuvenating during warmer weather."

### **Healthy Food**

Self-care in the summer can be as simple as eating nutritious, in-season produce. For lunch, upgrade your basic greens by gathering some crave-worthy ingredients and mixing them in fresh new ways. Some popular farmer's market produce to keep on hand include tomatoes, watermelon, eggplant, and stone fruits, all of which help rehydrate you after sweating.

### **Light and Airy Wardrobe Changes**

Feeling confident in what you're wearing can be a huge component of self-care. If you're stuck in your fall wardrobe in the middle of summer, you're going to feel less comfortable and at ease, so dress accordingly—and work on your self-worth with some positive affirmations while you're at it.

"Knowing what pieces of clothing make you feel your best is key," says Carolan. "In the summer, my go-to items for feeling confident and stylish are flowy dresses, triangle bikini tops, platform shoes, and corset tops."

### **Self-Care Getaways**

Maximize your summer vacation time with a self-care getaway that is just that: a vacation dedicated to your self-care. The easiest path for this would be to visit a day or weekend spa for some treatments,

but you could also go on a yoga retreat or spend some time in the mountains. Tailor this trip to what would rejuvenate you, not what you think you have to do to keep up with your friends or family.

## 6. How To Incorporate Self-Care Into The Moving Process



Relocating home is one of the most stressful events. According to the ABS report, around 10.7 per cent of Australians experienced stress, and 7.7 per cent experienced depression in 2020-21 due to a house or office move. Even dogs and cats experience moving anxiety like humans. It is an emotional breakdown to leave your friends, neighbourhood, house, social group, etc, behind and start a life again from scratch. Plus, there are plenty of factors that can accelerate your stress level, including packing household belongings and their safety, finding new costs, changing jobs and changing schools for your kids. The over-burdened situation can make things worse, and it may lead to insomnia, panic attacks, Obsessive Compulsive Disorder and even depression. So, it is important to stay calm and composed when preparing for your house move. Here are some of the best tips and tricks to incorporate self-care and reduce moving stress. Let's Get Started!

### 1. Prepare a Moving Checklist

Nothing can be more stressful than juggling between packing and moving chores. This can trigger your stress level, and you may end up creating chaos on the final moving day. If you want to stay relaxed, focus on creating a customised checklist to jot down all the important tasks with the timeline. This includes booking expert Removalists Brisbane, updating the address, transferring utilities, packing fragile items, and much more. This acts as a roadmap and helps you track all the tasks without a hint of stress.

## **2. Start Packing As Early As Possible**

Don't delay the packing process, especially if you are dealing with a mental breakdown. Start packing up your items as early as you decide to relocate, i.e. 7-8 weeks prior to your move. You can pack your non-essential items and seasonal clothing first using proper methods. It is good to pack room by room to stay organised. Here are the tips to get free cardboard boxes for packing with ease.

## **3. Daily Workout is Important**

Do you know workout allows our body to release endorphins, also known as happy hormones? These can boost your mood and energy. So, before getting into the moving process, spare some time and do warm-ups and muscle-strengthening exercises every morning. You can also do aerobics, swim, or play basketball to stay fit physically and mentally.

## **4. Do Yoga and Meditation**

Are you feeling stressed due to plenty of moving tasks? If yes, then keep your mind relaxed by incorporating yoga and meditation into your daily routine. This will keep your mind, body and soul aligned and helps you stay sane even during the most challenging situations.

## **5. Plan Out Your Meals in Advance**

Packing household belongings is a time-consuming process, and most people often skip their meals – which is not good for their health. You can plan out your meals for the entire week when preparing for a house move. Decide what you will prepare for each meal and consume food from your kitchen pantry. If you want to stay energetic, prepare healthy and light dishes that can help you keep going throughout the process. Whether you are relocating for a job or a better lifestyle, make sure de-clutter your house before the arrival of removalists Brisbane and organise the entire process without any headache.

## **6. Take Small Breaks**

Clear the mental clutter and stay relaxed, especially when you are busy in packing your household belongings. You can take small breaks in the middle of the process and do the following things: Do what you love, such as dancing, playing a guitar, watching a movie, etc

Spend quality time with your family

Play with your pet

Take a salt bath

Go out for dinners

Half-an-hour breaks can do wonders in keeping you sane during the moving process.

## **7. Get Quality Sleep**

Do not compromise on your sleep because anxiety can make you feel restless and can create more sleep problems, such as insomnia. It is good to take enough rest and sleep well at night. You can create a calming atmosphere, light a candle, and use natural oils that can help you sleep quickly after a long, hectic day.



## 8. Hire Professional Removalists

Do not take the stress of packing and relocating your household belongings. This can accelerate your stress level, especially due to the fear of losing precious belongings. Instead, you can hire highly experienced Removalists Brisbane for the utmost safety of your possessions. They will come to your place, pack your stuff, dismantle your large furniture pieces, load them onto the truck and transport them without causing any damage. So, do proper research and choose the right company that specialises in moving large furniture pieces and delicate items in Brisbane, QLD.

In the chaotic process of home relocation, you can stay sane and mentally stable with the help of the self-care tips mentioned above in this article. You can create a proper plan; focus on your mental and physical wellness, a moving checklist and quality sleep to ensure a safe and sound moving experience without any stress.

## 7. Conclusion

In conclusion, embracing self-care is essential for maintaining balance and well-being in the vibrant city of Brisbane. By taking small, intentional steps—whether it's engaging in physical activities, exploring the city's natural beauty, or dedicating time to relaxation—you can enhance your overall health and happiness. Brisbane offers a perfect backdrop for nurturing yourself, with its parks, wellness centers, and serene outdoor spaces. Prioritizing self-care not only boosts resilience but also empowers you to lead a more fulfilling and productive life. Remember, caring for yourself is the foundation of a healthier, happier you, enabling you to thrive in Brisbane's dynamic environment.

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