**CONTEXT**

**(Instructions/ article provided) write on the importance of self care in work place 5 to 7 pages.**

**What is self-care ?**

Self care is an important part of living a healthy and happy lifestyle. Looking after yourself both mentally and physically is a crucial to taking control of your health.

We lead increasingly busy lives and it can be easy to forget to put yourself first. Especially if you have multiple responsibilities and other people to care for. But looking after yourself will make you feel the better and the better you feel, the better you will be in all areas of your life from work to relationship.

Self care doesn't have to involve a huge time commitment and it doesn't have to cost the earth. It could be taking a bath, relaxing with a good book, taking walk outside or eating your favourite food. It's about making a commitment to putting yourself first, even just for a while.

**Benefits of self care.**

Self care has a number of benefits most of which are interlinked. Committing to self care should improve your wellbeing all around

1. **Self care can improve your physical health.**

A big part of self care is committing to looking after your body and becoming more attuned with its needs. Whether it's brushing your teeth, exercising more id getting enough sleep each night, part of any programme of self care should focus on looking after your physical health.

2. **Self-care can reduce stress and anxiety.**

Making time for relaxing activities such as taking a warm bath, listening to music or practicing yoga or meditation, is another common theme of self care.

Any activity that makes you feel more relaxed can help to reduce symptoms of stress and anxiety and to lift your mood.

3. **Self care can boost your self esteem.**

Taking time to relax and look after yourself can have a positive impact on the way you see yourself, treating yourself with kindness Can make you look upon yourself more kindly.

Studies have found that people with higher self esteem find it easier to deal with setbacks and are more likely to achieve goals of self improvement.

**4. Self-care protects your Mental health.**

Making changes to prioritize self care can help to manage mental health issues and might even prevent them from getting worse. Of course self care is not substitute for professional help and you shouldn't feel you have tackle your problems alone. If your mental health is suffering, you should always talk to someone.

However if you're looking to improve your mental wellbeing taking the time to care for yourself both mentally and physically is really important.

**5. Self-care can lead to better relationship.**

It makes sense if you think about it. The happier and healthier you are the more you can give to a relationship. This is especially important if you are a parent or carer. It can be so easy to put someone else's needs first, but you must look after your own health too.