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The Self Care Project is all about how to take better care of ourselves and shows how we can do so. Jayne Hardy has written a book full of practical advice which will motivate you to take action. As someone who knows how debilitating depression and anxiety can be I would recommend this book to anyone who suffers or has suffered from mental health problems and to those who want to make more ...

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The self-care project: How to let go of frazzle and make time for you Hardy, J. (2019). London: Orion Spring. The Self-Care Project is more than just a book. It's an interactive journal for people who need a bit of encouragement to prioritise self-care, for those who are "too busy" to put time into themselves or for those who look at self-care as a luxury as opposed to a necessity. Jayne ...

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The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide ...

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If you are one, you'd better keep away from any form of social media first for a while until you feel better. As part of self-care measures, never make the social media be your last resort of ...

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[How To Make Time For Self-Care - The Beauty Deep Life](#)

For those busy-bees out there, self-care is making time for yourself to check-in on your own well being. When I started the Self-Care Project my original goal was to learn how others cope with their mental health struggles. It has now turned into a much bigger project, expanding from just posting articles from and about other people, to now also including things I've learned about how to ...

[The SELF-CARE - The Blurt Foundation](#)

Let a pet help you with your self-care. ... briefcases, and coats, and make sure they're ready to go for the next day. 10. Cook at home to care for yourself. Many people don't take the time to ...

[25 Best Self-Care Tips - How to Take Better Care of Yourself](#)

Self-Care can be a real dilemma when we feel like our "to do" list is not getting done. But let me show you why that's the perfect time to take a little break.

[How My 'Self-Care Box' Is Helping Me Remember To Take Care ...](#)

Self-care practices are what fuel and maintain us over time so we can perform. When we omit them, we find ourselves running empty sooner or later. We cannot go far if we're running on empty.

[Trust Your Journey of Self Fulfillment - The Good Men Project](#)

Get your free self-care worksheet! Ellie-Louise Des Baux

[Students and Self Care – Protecting Mental Health At ...](#)

You know how people (wise people perhaps) seem to always say that you have to take care of yourself and that you can't give what you don't have? You know what

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