

*Take some time for
yourself*

A guide to the
7 pillars of
self care



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**CREATIVITY &
WELLBEING
WEEK**



**City of
Doncaster
Council**

THE SEVEN PILLARS OF

SELF CARE

0 1 MENTAL

Mental self-care is about cultivating a healthy mindset through mindfulness and curiosity.

0 2 EMOTIONAL

Emotional self-care involves taking care of your heart with healthy coping strategies.

0 3 PHYSICAL

Physical self-care involves taking care of your body with exercise, nutrition, and proper sleep.

0 4 ENVIRONMENTAL

Environmental self-care involves taking care of the spaces and places around you.

0 5 SPIRITUAL

Spiritual self-care involves activities or practices that give a sense of meaning to your life.

0 6 RECREATIONAL

Recreational self-care involves making times for hobbies, fun activities, and new experiences.

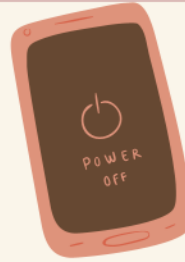
0 7 SOCIAL

Social self-care involves building relationships with regular connection and healthy boundaries.

MENTAL SELF CARE IDEAS



Meditate



Social Media
Detox



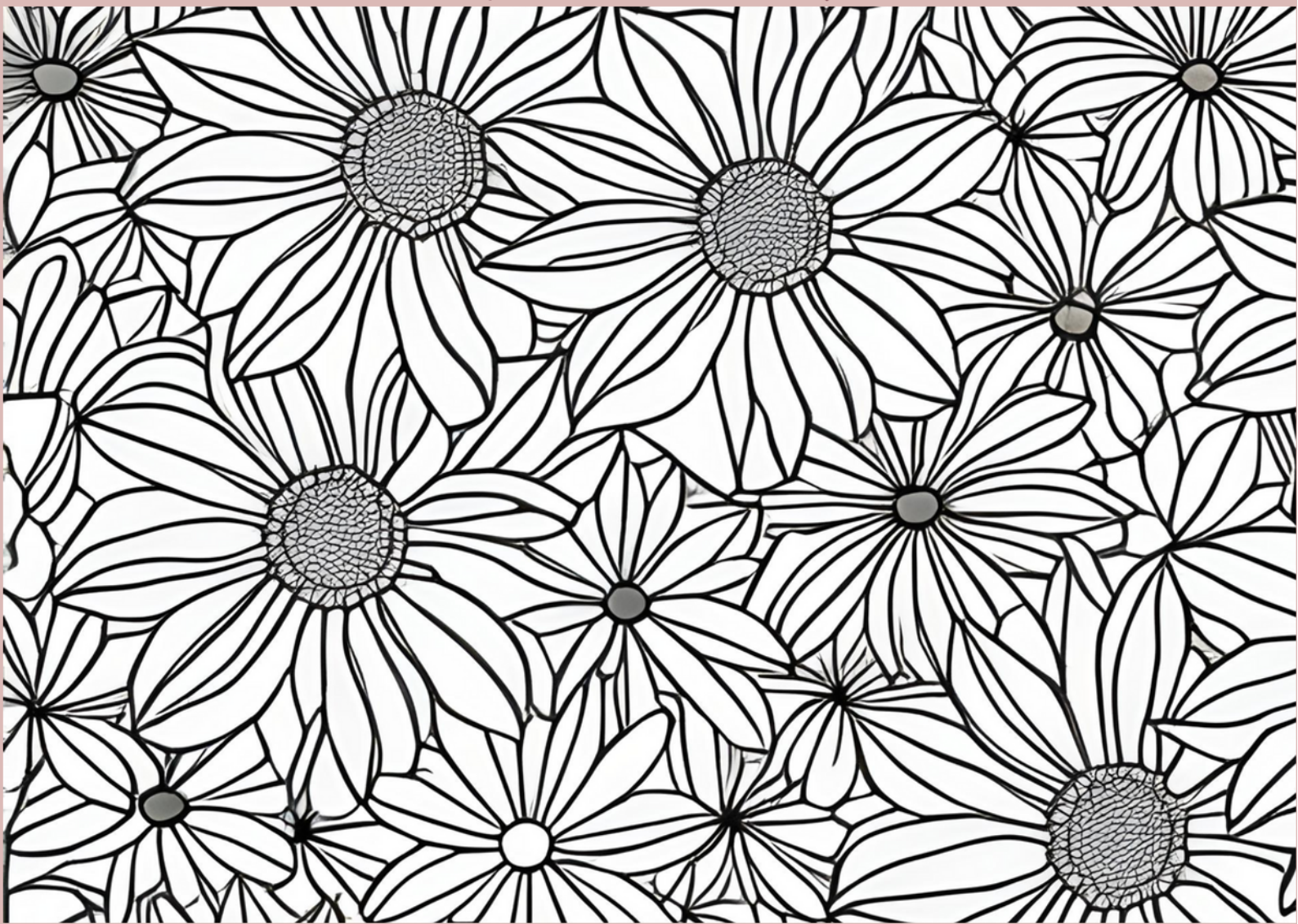
Journal
Everyday



Engage your
brain in a new
way

MINDFULNESS COLOURING

Colouring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.



EMOTIONAL SELF CARE IDEAS



Watch a
movie



Write Personal
Affirmations



Listen To
Music



Ask for help if
you need it

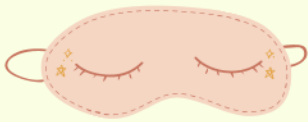
FOOD FOR THE SOUL

Eating a healthy diet is all about balance and as Dorothy Day said:

‘Food for the body is not enough. There must be food for the soul.’

Allow yourself two treats a week that really get your mouth watering. Whether it's a scoop of your favourite ice cream or a hotdog slathered in fried onions, the key is to really focus on the quality of the food. Think about how it smells; how it tastes on your lips and tongue; how it feels as you swallow. If you're truly mindful you'll appreciate every bite and won't be tempted to binge.

PHYSICAL SELF CARE IDEAS



Get More
Sleep



Eat regular
balanced
meals



Drinks Lots
Of Water



Try a new
workout

Foot Scrub Lemon

Ingredients

- 1/2 cup granulated sugar
- 4 tbsp coconut oil
- 6 drops lemon essential oil

Combine sugar and coconut oil in a clean, dry bowl and add oil slowly until you have a soft, wet-sand consistency. Add lemon essential oil.

When you get home work into feet for five minutes before rinsing away in the shower. Your feet will feel like they've had a refreshing spa treatment.



Have a go at
creating a foot
scrub and give
your feet a bit of
TLC

ENVIRONMENTAL SELF CARE IDEAS



Go outside
for a walk



Declutter
your living
space



Organise your
workspace



Explore
somewhere
new

APPEAL TO YOUR FIVE SENSES



Think about your relaxation space,
does it feel calm? Try clearing any
clutter, changing the lighting, playing
calming music, adding a scented
candle and enjoy your favourite hot
drink to make your experience as
tranquil as possible.



SPIRITUAL SELF CARE IDEAS



Spend time
in nature



Volunteer for
a cause you
believe in



Get a tarot
card reading



Identify your
values

Gemstones are often associated with specific chakras of the body.

Wearing the right gemstone can help balance the chakras and dispel the negative energies, if any, including but not limited to physical ailments that are related to the said chakra. Have a go at making your own gemstone bracelet.

Have a look at the next page, see which crystals you might need.





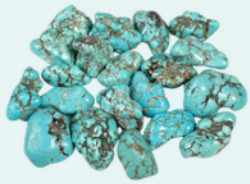
Gemstones



Peridot

Healing properties of Peridot

Strengthens the immune system, metabolism and benefits the skin. Aids disorders of the heart, lungs, gallbladder, spleen and intestinal tract. Treats ulcer and strengthens eyes.



Turquoise

Healing properties of Turquoise

Aids against Acidity. Alleviates rheumatism, gout, stomach problems Increases growth, muscular strength. Alleviates pain, relaxes cramps. Contains anti-inflammatory and detoxifying effects. Application: can be worn on the solar plexus



Rose Quariz

Healing properties of Rose Quartz

Spleen, kidneys, circulatory system, increases fertility, promotes the release of impurities, skin, depression and weight loss.



Quariz

Healing properties of Quartz Brain and all energy channels



Aventurine

Healing properties of Aventurine Blood, general health recovery, fear, brain.



Tigers Eye

Healing properties of Tigers Eye Skin, muscle, circulation, eyes, ears, liver.



Amethyst

Healing properties of Amethyst

Endocrinal and immune system, right brain activity, pineal, pituitary glands, removing toxins, arthritis and pain relief.

RECREATIONAL SELF CARE IDEAS



Take time for
hobbies



Play a board
game or
video game



Go on an
adventure by
yourself



Take time to
do absolutely
nothing

WANT TO HAVE A GO AT SOMETHING NEW?

ADULTS & CRAFTS

OVER 18'S

Monday 15 July - Jurassic Jam Jar Terrarium

Monday 16 September - Hapazome Tote Bags

Monday 11 November - Wartime Christmas Decorations

www.heritagedoncaster.org.uk/product/

Danum Gallery Library and Museum

6.30pm - 8pm

£12.50



SOCIAL SELF CARE IDEAS



Spend time
with people
you love



Call a family
member and
catch up



Write a friend
a letter



Talk to a
support group

WANT TO MAKE NEW FRIENDS? COME AND VOLUNTEER WITH US

FOR MORE INFORMATION EMAIL

HERITAGEVOLUNTEERING@DONCASTER.GOV.UK

