

# Demonstrating Self-Care

FOR LEADERS



One way you can support your 4-H members is by teaching them ways to care for themselves and role modelling self-care yourself. Members learn a lot by watching and doing, so if they see you practicing good self-care, there is a good chance they will do the same.

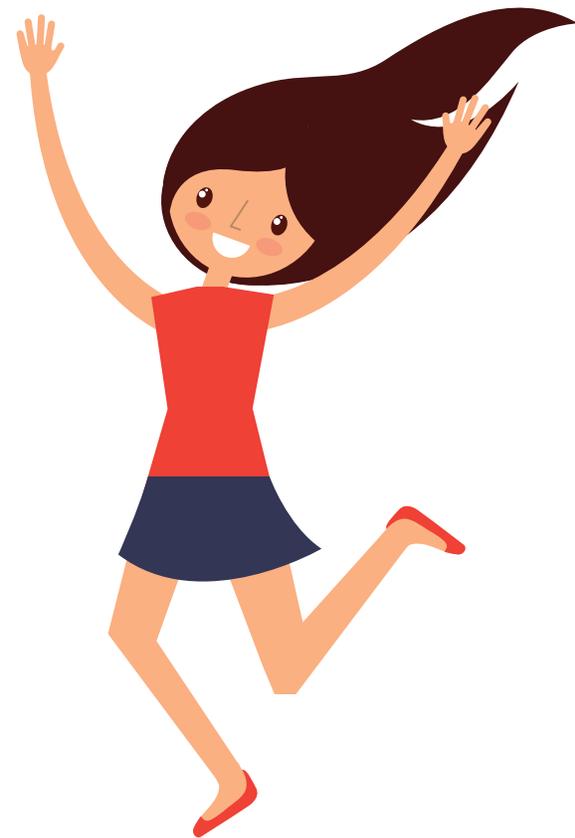
## What is self-care?

Self-care is about taking care of your mental, emotional and physical health. Self-care looks different to everyone but by taking care of yourself, you are helping to boost your confidence, your sense of self and your overall well-being.

## Tips for self-care

These tips for self care can be easily adapted into your life and into the lives of your members:

- ✓ **Be kind to yourself!** Show yourself some love and kindness by doing activities you enjoy and that make you feel good.
- ✓ **Challenge self-critical thoughts!** It's difficult to avoid self-critical thoughts completely but it can be helpful to add in a positive whenever you think of a negative.
- ✓ **Think ahead!** When you feel stressed or sad, have a list of coping strategies that work for you. Coping strategies such as journaling are things you can do to help lower stress, vent your thoughts, explore your feelings and increase the feeling of well-being.
- ✓ **Let it out!** Express yourself in a way that feels right to you! Make sure you are respectful and safe in what you say or do.
- ✓ **Get artistic!** Whether you draw, paint, or write, just get creative and allow your feelings to flow!
- ✓ **Exercise!** Go for a jog, walk, lift weights or do yoga. Get that blood pumping! Exercise is good for the body and mind.



- ✓ **Stay connected!** Surround yourself with people you trust and who love you for you. Reach out to them.
- ✓ **Do a digital detox!** Spend time away from screens. Use this time to read, get outside and enjoy nature.
- ✓ **Get support!** If you are struggling, talk to someone you trust, whether it is a friend, a family member or mental health professional. Don't hesitate to ask for help!

## Self-esteem

Your self-esteem moves with you from youth to adulthood and is an important element of what makes you, you! It is how you value yourself and appreciate your self-worth. Healthy self-esteem allows you to be proud of what you do, your skills, accomplishments and who you are.

### When you feel good about yourself, you're more likely to:

- ✓ Set goals and achieve them, in any area of your life – personal, academic and 4-H included
- ✓ Believe that you are capable of learning something new
- ✓ Try new things

As a 4-H leader, you have 4-H members looking up to you as a role model. Seeing healthy self-esteem in adults helps young people to model their own behaviour and create goals for their future. You can work together on building healthy self-esteem by being honest about your journey and offering tips on what has worked for you. Being open about your struggles and challenges can build trust if they want to open up to you.

Even as adults, you can continuously work on your self-esteem and watch it grow and develop. Your self-esteem can be shaped by many things such as your environment, how you feel about yourself, your expectations of yourself and your experiences.

### Here are some tips to improve self-esteem or to share with your 4-H members:

- ✓ **Remind yourself** and others that they are more than their appearance
- ✓ **Identify your strengths and abilities** and work on a plan to build them. Once you have done this, you can help your members to do the same.
- ✓ **Take care of yourself.** That could mean eating healthy and being active. By practicing self-care yourself, your members may be inspired to do the same.
- ✓ **Think of a positive thought** for every self-critical thought. Practice with your members to do the same.
- ✓ **Set goals** and plan an approach to achieve them for yourself and for your members.
- ✓ **Build a support system** of trusted people with your members. Building their own support system might even start with you!

**Kids Help Phone** 

4-H Canada has partnered with Kids Help Phone to develop this resource

[KidsHelpPhone.ca](http://KidsHelpPhone.ca)



[4-h-canada.ca/healthyliving](http://4-h-canada.ca/healthyliving)