

SOME IDEAS FOR SELF-CARE

PLENTY OF SIMPLE AND EASY OPTIONS, WRITES MELANIE MCGREGOR



MELANIE MCGREGOR
Column

It's no secret that self-care is vital to maintaining optimal mental health. It is anything that we do to take care of our overall wellness, recharge our batteries, decompress, relax and feel good.

We may think of self-care as grand gestures like massages and spa visits, and while these may be amazing, self-care can also be everyday activities. What makes something self-care is the intention we bring to it - the activity itself is less important than the fact that we deliberately make the time for something we enjoy.

We've heard tons of great self-care ideas from our clients, as well as people who take our courses and workshops. Some stuck out as activities that might seem like typical self-care choices, but it was the attitude behind them that really stuck a chord with us.

Here is a selection of five cool and unique ideas for self-care:

"I cleaned the snow off of two strangers' cars when I

went out last night."

Doing nice things for others really can make us feel good about ourselves! And that's some of the best self-care there is.

"I went to class."

This may not sound like self-care, but the person explained that she was taking a class in something she enjoyed just for herself - not for a grade, not for anyone else. It was time for herself that she really valued.

"I watched TV."

Again, not what we would usually think of as self-care. But it was a show that the person had recorded and had been excited to watch for a long time, but never had the time. So, he carved out an hour to have a healthy snack and enjoy the time to himself.

"I let my partner take me out for dinner."

This person said that she always preferred her own cooking to going out. However, when her partner suggested going to a restaurant, she thought of not having a kitchen to tidy

or dishes to do and went for it. Time saved on cleanup, a yummy meal, and good conversation with her partner - an all-around win.

"I didn't spend any money."

This person found that her usual self-care ideas were things that cost money - pedicures, manicures and shopping. So, she decided to push herself to try something new and took her dog for a long walk, and then curled up with a good book instead of her regular go-tos. Now, she has an even fuller self-care tool box to access.

We've certainly learned lots about self-care from people we meet each and every day. Give some of these a try!

Melanie McGregor is the communications and advancement specialist at the Canadian Mental Health Association Halton Region Branch, which provides mental health/addiction community support and education. Visit www.halton.cmha.ca for more information and follow @cmhahalton on Twitter.

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HALTON REGIONAL POLICE SERVICE

2020-2023 Strategic Plan



The Halton Police Services Board and Chief of Police are seeking input into the 2020-2023 Strategic Plan from a range of stakeholders and would like to extend an invitation to citizens and business owners to participate in a meeting in Georgetown on June 3rd.

Monday June 3rd (7.00 – 9.00pm)
Mold-Masters SportsPlex, Gordon Alcott Heritage Hall – 221 Guelph Street, Georgetown

People wishing to attend the public meeting are invited to RSVP to Mr. Jason Dale, Planner, at Jason.Dale@haltonpolice.ca

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