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The NHS's definition of self-help is ensuring you look after your physical health and also nurturing your emotional and mental well-being. Examples of this could be taking time for yourself. An important factor to self-care is to set realistic goals for what you want to achieve. For example if you were to set an impossible, unrealistic goal then this could cause you unnecessary stress, leading to an endless amount of serious health conditions. Eating a well-balanced diet and prioritising your sleep and exercise can have a positive effect on your mental and physical health. It is also important that you balance life, study and work so that you can manage your stress levels and learn to take time for yourself and your family.

C-R-E-A-M

C-R-E-A-M stands for:

C – Creative
Have the confidence to apply imagination to your learning and problem-solving.

R – Reflective
Be able to sit with your experience, analyse and evaluate your own performance, and draw lessons from it.

E – Effective
Organise your time, space, priorities, state of mind, resources, and use of technology to maximum benefit.

A – Active
Engage physically and mentally, in making sense of what you learn.

M – Motivated
Be clear about the outcomes you want to achieve, the steps you need to take to achieve these, and what you will do to build and maintain your engagement and enthusiasm.



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