



CENTERSTONE

Wellness Program

## **Six Self Care Strategies for Women**

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Self care is the process of nurturing yourself. But in a fast-paced and often chaotic society, many women tend to put their own needs on the back burner. So many women constantly put everyone else first, allowing their own needs to suffer. Some women may even become resentful because their personal needs have been neglected.

Self care for women is imperative. Follow these self care strategies to help you take care of yourself and achieve balance your life.

### **Recognize that self care is not selfish**

The concept of self care refers to taking personal responsibility for one's physical, emotional, intellectual and spiritual health. Practicing self care is preventative, not selfish. Yet the concept of making self care a priority remains controversial. For most of us, if we do not take care of ourselves, no one else will. So, self care is anything but selfish. When women don't make self care a priority, they often feel like victims of something outside of themselves, in a position of restrictions and limitations. This prevents women from having rich and fulfilling lives.

### **Be your own best friend**

What would happen if you treated yourself the same way you treat your best friend? You would likely be more attuned to your needs, your problems and your goals. You would be generous to yourself, as you are to others. You would love and honor your health and well-being. You would put aside all else to be your own best friend. One of the most important things you can do for your family and friends is to care for your own health. You can start by being a great friend to yourself today!

### **Spend time alone**

Spending quality time alone is anything but lonely. Spending time alone allows the rest of the world to continue spinning while you rest, refuel and regroup. Time alone can be as simple as sitting quietly outdoors, reading a book at the park or sitting in your favorite comfortable chair with a cup of tea (having a favorite comfortable chair is essential!).

### **Create supportive surroundings**

Look around. Do you feel inspired by your surroundings, or do you feel tension and chaos? Create supportive surroundings by clearing the clutter of the stuff that drains you. Clear the clutter in your home, car or office. Clear clutter in relationships too, like one-sided relationships. Find a partner who also wants to redesign their life for the better. The support will be empowering for both of you, and a model for others around you. It will also help you balance the multiple roles you play as a woman.

### **Believe that saying "No" is OK**

How many times have you said "yes," "sure" or "no problem" to a request, only to immediately regret your response? Have you ever committed your energy, time or money to a project, even though you have little or no desire to participate? Learning to say no is a skill, and it is a key self care habit that can ignite your confidence and free your inner strength.

## **Rewrite your routine**

If you can relate to the previous five suggestions, and you acknowledge the need to make changes in your life, then you may need to radically alter your daily or weekly routine. Begin by scheduling your own priorities into your routine first. When your own priorities are fulfilled, allow others' priorities on your schedule. Other people in your life may notice these changes. Share your plan with them, and explain your need for self care. They will see the benefits of self care reflected in your attitude and approach to life as well as the direct benefit they will receive from being in relationship with a more balanced you!

Centerstone (615) 460-HELP (4357)

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### **About Centerstone**

Centerstone ([www.centerstone.org](http://www.centerstone.org)), a not-for-profit organization is the nation's largest provider of community-based behavioral healthcare. With a history that spans over fifty years, Centerstone provides a full range of behavioral health and related educational services to more than 64,000 individuals of all ages and their families annually. Children, adolescents, adults, seniors, and families all receive help from a multitude of different programs in more than 120 facilities and 150 partnership locations in Tennessee and Indiana. Centerstone is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) in Tennessee and The Joint Commission in Indiana. For more information about Centerstone, please call toll free at (888) 291-4357.

### **About Susan Gillpatrick, MEd, LPC, CTS**

Susan Gillpatrick, Centerstone Crisis Management Specialist, primarily works in the field with clients in critical incident response situations, and in Centerstone's wellness trainings and presentations. She is also responsible for planning and implementing marketing and growth strategies for Centerstone's Crisis Management Strategies.

In recent years, Ms. Gillpatrick worked for the Shelby County Government Victims Assistance Center in Memphis. There, she co-developed a model program for the state of Tennessee entitled, "Homicide Response." Her work in this area received the 2000 Achievement Award from the National Association of Counties.

Ms. Gillpatrick is a Licensed Professional Counselor, Certified Trauma Specialist, Certified Workplace Conflict Mediator, and Mental Health Service Provider in the state of Tennessee and a National Certified Counselor. She is also a member the American Counseling Association, the Association of Traumatic Stress Specialists, the Tennessee Mental Health Counseling Association, and the Middle Tennessee Employee Assistance Professionals Association. She is a frequent presenter at local and national conferences, and has had numerous articles published. She received her Master of Education degree in Human Development Counseling from Peabody College at Vanderbilt University.