

Self-care

A guide to health
and well-being



What is self-care and why is it important?

Self-care helps you to stay as healthy and as independent as you can. It's about making small lifestyle changes that can have a big effect on your wellbeing.

Self-care can be as simple as calling a friend for a chat, doing a bit of exercise or taking steps to improve your sleep.

We have created a wide range of activities and services to support you to take better care of yourself, to stay independent, gain new interests and have fun.

Here are five areas of well-being to get you started: **Connect, Be Active, Give, Take Notice, Learn.**

Read on to find out more.





1. Connect

Strong social relationships are key to maintaining your health and wellbeing.

Get started. Going to Friday prayers, your local church or community centre, keeping in touch with loved ones by text, phone or letter or having a chat with your neighbours.





2. Be Active

It's important to stay active, for both body and mind.

Get started. Do a crossword puzzle, go for a walk in your local park, put some music on and dance at home. For something more challenging do some simple stretches, go for a light jog or join an exercise class online.



3. Give

Lending a hand to others can boost your mood and help combat loneliness and depression.

Get started. Reach out to volunteer at a local charity or faith group, many roles can be done safely remotely at home such as befriending, Or perhaps think about giving blood or helping a friend or neighbour.



4. Take Notice

Taking a moment to pay more attention to the present – to your thoughts, feelings and the world around you – can significantly improve your mental wellbeing and relationships.

Get started. Try activities like growing some fresh herbs on your window, join an online exercise class or read a book.



5. Learn

Learning can help your confidence, your connection to your community, and improve your digital skills.

Get started. Start with reading a book, take up a new hobby, make your favourite meal or ask a friend for a recipe, join an online class to learn something new.

For a full list of classes visit

www.kcsc.org.uk/self-care-directory

How can I access self-care services?

There are a number of ways to find out what is going on in North Kensington; visit Kensington & Chelsea Social Council website www.kcsc.org.uk/self-care-directory or call them on **07497 333514** (Mon-Fri 10am-3pm). Alternatively you can speak to a social prescribing link worker, your GP or practice nurse.

