

Self Care and Life Challenges

UGST 1002

Self-Care Deficit (Orem, 1991)

- Occurs when an individual does not find time or has the energy to promote self-care
- A threat to health and well-being

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Self-care as a coping strategy

- Maintaining a balance so you can care for yourself
- Wellness impacts your ability to study, maintain positive relationships, and play

Barriers to self-care

- Volume of work
- Feeling overwhelmed
- Difficulties reflecting on our well-being
- Fear of appearing out of control



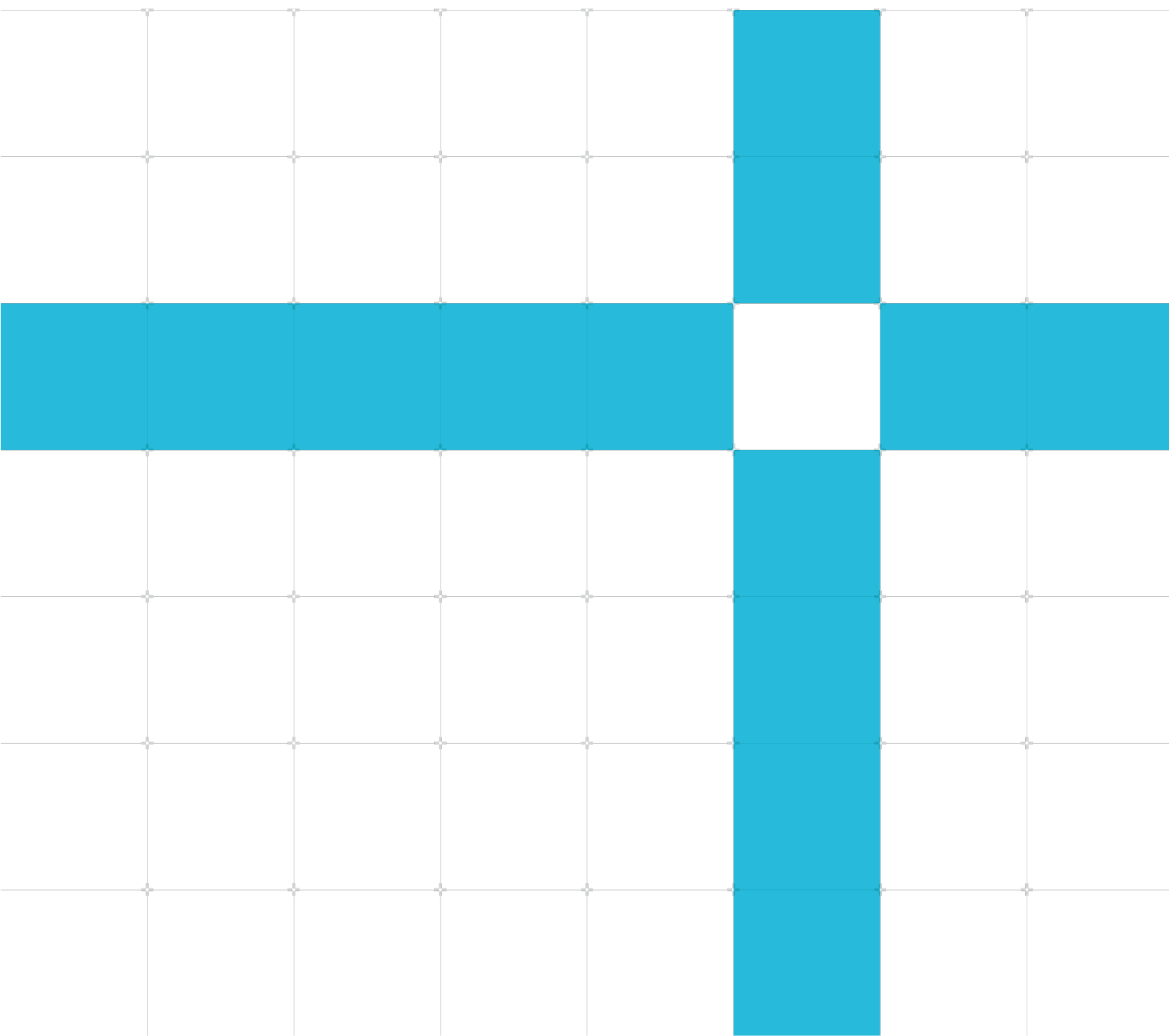
Armv8-A Instruction Set Architecture

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What is self-care?

- Proactive strategies or routines that promote well-being
- Resources for coping and thriving
- Strategies that offset stress

What is self-care?

- Healthy attention to the self (physical, mental, emotional and spiritual) which is essential for overall health (Miller, 1998)
- A necessary prevention strategy (Figley, 1995)

Armv8-A Instruction Set Architecture

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Document history

Issue	Date	Confidentiality	Change
1.0	26 June 2019	Non-Confidential	First release
1.1	03 July 2020	Non-Confidential	Fixes to examples in “Conditional select instructions” and “Procedure Call Standard” sections.

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