



PHS LAUNCH

Day 3

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Self-care is the intentional practice of protecting and improving our physical, mental, and emotional well-being. It involves activities and habits that promote health, reduce stress, and enhance our quality of life, which in turn enables us to function effectively in both personal and professional spheres.

Myths About Self-Care

Do any of these myths resonate with you? Turn to the person next to you and discuss.

- **“Self-care is selfish”**
 - Some people say that self-care means putting your needs before others, which can feel selfish. Have you ever felt this way? How might you reframe your notion of self-care?
- **“Self-care is avoiding responsibilities”**
 - Is there a difference between self-care and procrastination? How can we tell when we’re practicing self-care versus avoiding responsibilities?
- **“Self-care is a one-time fix.”**
 - Do you see self-care as something you only do when you’re stressed, or is it part of your regular routine? Why might it be important to cultivate self-care as an ongoing practice?
- **“Self-care is expensive or requires a lot of time”**
 - Do you see self-care as something that has to be expensive or time-consuming? What are some small, everyday practices that can have a big impact?
- **“I have to earn the right to practice of self-care.”**
 - Do you ever find yourself putting off self-care because you feel that you haven’t worked hard enough to “deserve” it? How might you reframe this for yourself?
- **“Self-care is just about things that make you feel good”**
 - Sometimes self-care is doing things that feel unpleasant in the moment but are good for you in the long run – like cleaning the bathroom or having a difficult conversation. How do you identify the things that will benefit you in the future, even if they don’t feel great in the present?
- **Any other myths about self-care that come to mind?**

Self-Care Brainstorming



Follow this link to our [Self-Care Brainstorming Google Doc](#)

- Nominate your favorite **Self-Care Practices** under the different categories. Discuss in small groups.
- Under **Resources & Places**, we'll curate some of our favorite resources and places in Boston.

Action Planning

- Choose a self-care activity or place to visit and make plan to follow through in the next three weeks.
- Make a self-care buddy in the room today. Exchange emails or phone numbers to check in with each other in three weeks to see if you followed through on your self-care plan!
- Group outings to some of the fun places on our list are also welcome!
- Have fun!

"You should sit in meditation for 20 minutes a day.

Unless you're too busy: then you should sit for an hour."

– Zen Proverb (origin unknown)