The Little Book of Self-Care

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Leading cancer charity, Penny Brohn UK, has developed *The Little Book of Self-Care* to help people prioritise their own needs and build resilience. The free resource is available to download and is suitable for anyone who wants to learn more about and practise self-care.

In these uncertain and unsettling times many people are feeling anxious and overwhelmed. Self-care is a huge part of strong resilience and has a big influence of how well the body's immune system can cope. It's all about looking after yourself physically and emotionally; doing things that you know are good for you and not doing things that make you feel bad. By building self-care practices into your daily routine you will be better able to deal with whatever life throws at you.

The book contains 30 self-care tips and ideas that can be practised by anyone who wants to prioritise their own self-care; not just someone affected by cancer. Tips include: listening to your favourite piece of music; turning off your phone; and finding a calming phrase to say to yourself. Each tip includes a space for the user to write about what they did and how well the tip worked for them on a scale of 1-10.

Hannah Sweetnam, Digital and Web Manager at Penny Brohn UK, said: "We developed The Little Book of Self-Care as a reminder to look after yourself and that you are the most important person in your life. At Penny Brohn UK we see each person as a unique individual with their own set of hopes and dreams. There is more to health than simply what is going on in our bodies and that to be resilient and function as well as we can we need to pay attention to our mental, emotional and spiritual health as well as our physical health. With 30 tips on how to make self-care a priority; use it yourself or pass it to a friend in need. However you choose to use it – use it in a way that works for you."

With 40 years' experience, Penny Brohn UK recognises that people with cancer need more than medicine. Its whole person approach offers personalised care from the point of a cancer diagnosis into treatment and throughout survivorship. Exploring areas like diet, exercise, emotions, relationships and managing stress, our free courses, one-to-one therapies, and group sessions, work alongside standard medical treatment to achieve the best health and wellbeing by supporting the holistic needs - psychological, emotional, spiritual and physical - of people affected by cancer.

For more information about Penny Brohn UK and to download your copy of the Little Book of Self Care visit https://bit.ly/2GQRlMc.

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