

Men's self-care



"The most powerful relationship you will ever have is the relationship with yourself."

Steve Maraboli

Being healthy is much more than not getting sick. Good mental and physical health is helped by adopting lifestyle practices that improve our chances of not falling ill. So, when illness or issues do occur, we're in a good position to cope.

There are a variety of issues and situations that can cause us stress. Everyone deals with them differently, and there is no right or wrong way. We know that men's mental health challenges are often compounded by cultural expectations for a man to be rational, strong, self-reliant, and hide their emotions.


Focusing on taking care of yourself is a great way to maintain your physical and mental health and hopefully reduce the chances of feeling sick or overwhelmed. Self-care will be different for everyone, it's just a case of finding what works for you and fits into your daily or weekly lifestyle.

Self-care benefits


- 1 Increases self awareness
- 2 Improves concentration
- 3 Enhances relationships
- 4 Manages anxiety and reduces stress
- 5 Increases physical and mental wellbeing

Self-care tips


When we take care of our bodies, we take care of our minds. There are three essential areas to focus on:

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1 Regular physical exercise. Feeling physically fit and healthy is great for our mental health. It improves our feelings of self-esteem and reduces feelings of depression and anxiety.





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2 A balanced diet. When you eat well, you feel well. Try cutting out (or cutting down) the fast foods and processed snacks and eat a wide variety of foods in moderation – fewer carbs and sugars, and more veggies.

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3 Get more sleep. Most people don't get enough of it. Sleep is as essential to our health as regular exercise and a balanced diet. Fatigue can reduce your resilience to dealing with any challenges and make you more prone to errors and accidents.

Do what makes you feel good

	<p>Find and do things you enjoy. There's more to life than work. Many men get their feelings of identity and self-worth from their work. Hobbies and sport are not just a good break, they broaden our identities and enhance self-esteem.</p>		<p>Talk to someone. It can be hard but talking about your problems with someone you trust can really help to relieve stress. You can blow off steam, release negative emotions, and get some advice and perspective.</p>
	<p>Be social. Sport, hobbies, spending time with family, catching up with friends and family, even joining a club, volunteer group or Men's Shed keep us connected and avoid feelings of loneliness.</p>		<p>Take time out. Find a few quiet minutes a few times a week, to reflect on how you are feeling and identify what might be contributing to any negative feelings.</p>

Know when to reach out

Some things we can manage on our own, but there are some things we can't. Knowing the difference is another important skill.

If you do need someone to talk to, contact our professional mental health and wellbeing team, we're here to help.