

Self-care

One Need I Can Make More Visible

Adults | 10 to 15 minutes

Care for yourself can involve ordinary needs such as food access, rest, medical attention, privacy, or connection. It does not have to be elaborate or earned. Start with a need that has been repeatedly postponed and the circumstances making it difficult.

Choose one need for the next day or two. Include help from others and changes to demands among the possible responses.

Name the actual need

Replace a vague instruction such as 'be better at self-care' with a concrete description: 'I need someone to cover this task so I can attend my appointment.'

Make the step accessible

Consider cost, transport, time, safety, disability, and caregiving. If the usual suggestion is inaccessible, identify an alternative or a person who can help address the barrier.

1. What need has been repeatedly pushed aside?**2. What makes meeting it difficult in my circumstances?****3. What practical support or adjustment would help?****4. What is the smallest useful next step, and when can I revisit it?****Clinical use and adaptation**

Avoid assigning more labor to an overburdened person. Check for unmet material needs, coercion, and clinically significant symptoms. Self-care does not replace organizational change, medical assessment, or necessary treatment.