THOMAS WALKER CONSULTING

WELLBEING · SELF-CARE

Self-Care Pillars and Practices

Four areas to explore — not a validated or exhaustive model. Choose what fits you.

Emotional

- Learn to say “no” and schedule regular “me time”.
- Acknowledge and accept your feelings without judgement.
- Reward yourself for small wins; try a gratitude journal.
- Optional: a mindfulness exercise or a new hobby to ground yourself.

Physical

- Move in ways that suit your ability, health and circumstances.
- Drink plenty of water and eat nourishing meals.
- Take outdoor breaks, with appropriate sun protection.
- Keep a consistent sleep routine suited to your needs; relax with a bath, stretch or massage.

Social

- Spend time with supportive people; set boundaries where possible and seek support with difficult situations.
- Ask for help when you need it; reconnect with someone you’ve lost touch with.
- Schedule regular catch-ups — friend calls, family time.
- Join a group or community that understands what you’re going through.

Meaning, purpose and spirituality

- Optional: meditate or practise a short body scan.
- Do kind acts — help someone, donate to a cause.
- Explore activities that give you purpose and energise you.
- Find quiet moments to reflect on gratitude and growth.

Self-care supports wellbeing — it doesn’t replace safe work. If difficulties persist, consider professional support such as your GP, EAP or a psychologist. In crisis, call Lifeline on 13 11 14.

TWC evidence-informed educational resource · Reviewed October 2026.