

Mental Health
Awareness Week
21-27 September

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The self-care project: How to let go of frazzle and make time for you

Hardy, J. (2019). London: Orion Spring.

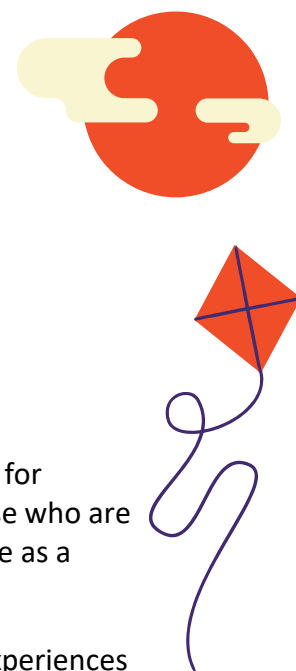
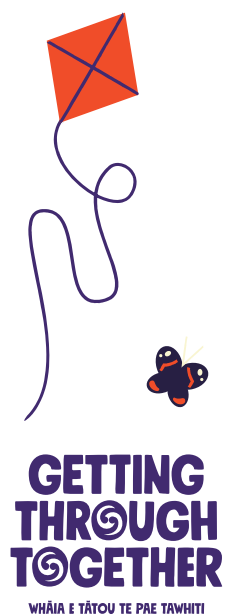
The Self-Care Project is more than just a book. It's an interactive journal for people who need a bit of encouragement to prioritise self-care, for those who are "too busy" to put time into themselves or for those who look at self-care as a luxury as opposed to a necessity.

Jayne Hardy starts the book with a bit about herself. She outlines her experiences with depression, anxiety and self-care in an open and honest style, which instantly makes you feel that you're in safe hands throughout this self-care journey. Jayne breaks self-care down into different chapters, and notes that even things such as brushing your teeth are a step in the right direction. Her advice is easy to relate to, and by including even the simplest of actions as self-care, she makes it feel impossible to say "I can't do that."

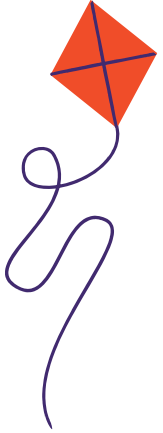
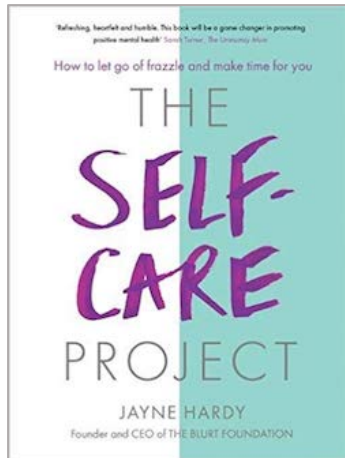
The Self-Care Project very quickly made me realise how many things I do subconsciously that compromise my own wellbeing, and to be honest, it gave me a bit of a reality check (in the best way possible). The sense of self-awareness you gain from reading this book is incredible, you start to recognise patterns in your life, almost as if you're reading about your own experiences and feel inspired to make some changes. One example that stood out to me is over committing - something I so often find myself doing. This book really encourages you to let go of those bad habits, reminds you that self-care is not selfish, and makes you check in with yourself on a regular basis, as each chapter ends with some 'fill in the blank' exercises.

Overall, the book's synopsis really hits the nail on the head: "it will help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way."

Reviewed by Samantha Page, Executive Administrator, MHF



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