



National Self-Care Week:

The Art of Looking After Yourself



It's National Self-Care week this month (17th – 23rd Nov), and it's the perfect opportunity to pause and ask: how well are you really looking after yourself?

Self-care has become a buzzword, often associated with bubble baths and scented candles. As lovely as those are, true self-care runs a bit deeper. But the reality is that it's the very thing that helps us cope when life speeds up. Without regular moments of rest, reflection and balance, stress builds quietly in the background until it starts to affect sleep, mood and even physical health. That's why self-care isn't just about feeling good in the moment – it's about protecting your long-term wellbeing.



Self-Care week
17th – 23rd Nov





Recent figures from the **Burnout Report 2025** by Mental Health UK paint a striking picture: around **one in three UK adults (34%) say they experience high or extreme levels of stress “always” or “often”**, and an overwhelming **91% reported feeling under significant pressure at some point in the past year**.

That’s not just the odd bad day – it’s a national pattern of people running on empty. Stress at this level doesn’t just affect mood; it chips away at immunity, relationships and long-term health. It’s a reminder that self-care isn’t a luxury, it’s a buffer against a culture that often demands more than we can sustainably give.

The cost of ignoring this is huge, both personally and collectively. Mental Health UK estimates that burnout and stress-related absence are rising, with younger workers in particular reporting a breakdown of trust with employers.

For individuals, that can mean exhaustion, anxiety and disengagement. For workplaces, it translates into lost productivity and higher turnover. Against this backdrop, self-care becomes more than a personal indulgence – it’s a form of resilience, a way of protecting your energy so you can keep showing up for the things and people that matter most.

Think of self-care as maintenance for your most important asset – you. Just as you wouldn’t expect a car to run well without regular services, you can’t expect your body and mind to run smoothly without that same level of attention.

The beauty of self-care is that it doesn’t need to be complicated. It’s not about perfection – it’s about consistency. Small, intentional acts add up to a healthier, more resilient you.

In Britain, we’re not always great at prioritising ourselves. There’s a cultural tendency to ‘keep calm and carry on’, to put work and family first, and ourselves last. But the tide is turning. More people are recognising that self-care isn’t selfish – it’s essential.

Digital wellbeing is a growing part of the conversation. Constant notifications, endless scrolling and blurred work-life boundaries can leave us frazzled. Taking breaks from screens, setting limits on social media, and carving out tech-free time are all powerful forms of self-care.

And then there’s connection. Humans are social creatures, and relationships are a cornerstone of our wellbeing – something that is increasingly scarce in the post-Covid, digital world. Making time for friends, family or community groups is as important as more obvious wellbeing tips such as diet and exercise.

Self-Care Tips to Try This Week



Schedule a daily 15-minute “pause”
Read, walk, meditate, or just breathe.



Note three things you’re grateful for each morning
Small reflections shift perspective.



Move your body in ways you enjoy
Dance, walk, stretch, or cycle.



Unplug from devices for an hour daily.
Reconnect with yourself and your surroundings.



Reach out for professional support when needed.
Asking for help isn’t something to be ashamed of.