

# Personal Health Care Tasks:\*

## Essential to your Health and Well-Being

Created for mothers by Helen Bourke-Taylor PhD©

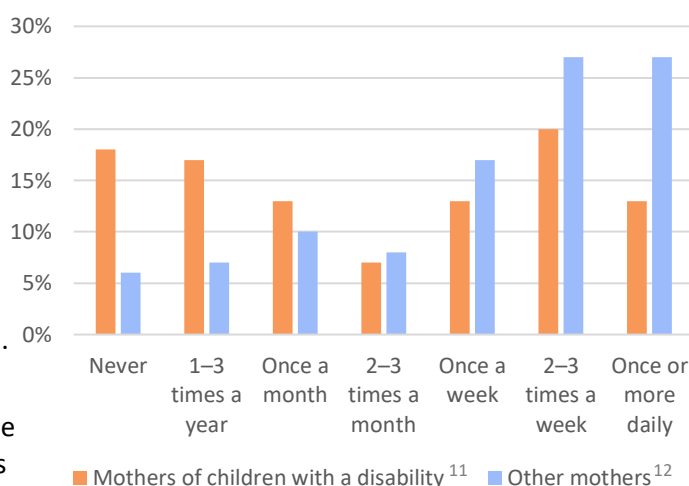


Health promoting activities are the activities you do that improve your health and well-being. Research with mothers suggests that *one of the most important factors that protects mothers from experiencing higher levels of stress* is more frequent participation in health promoting activities,<sup>11-13</sup> such as:

- activities which involve **self-care**
- **physical activities** alone or with others
- **spiritually fulfilling** activities
- **social activities** with supportive others
- **quiet activities**, that may be alone or with others.

Fact Sheets 4–11 summarise the major health promoting activities that make up a healthy lifestyle design, taken from the 'Health Promoting Activities Scale' (HPAS) authored by Helen Bourke-Taylor.

How often do mothers participate in their own personal health care tasks?



Mothers have identified several activities which are important to their own health care:<sup>11</sup>

- eating healthy food
- planning nutritious meals for themselves
- self-management around their own self-care
- planning and timetabling healthy activities
- attention to themselves.

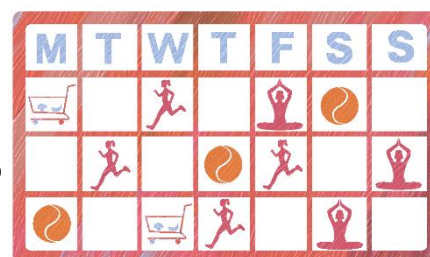
There are many ways mothers can include personal health care tasks into their daily or weekly routine, whether it be through:

- *planning healthy meals throughout the week*
- *choosing healthy food alternatives when shopping*

- *making a schedule of when to exercise*

- *getting a gym membership.*

Planning is an important step to designing a long-term healthy lifestyle.



## So what can I do?

Mothers can address their own personal health care. Make a regular time in your week to plan ahead. Write down your plan. Planning is a small step that can mean big changes for your health and well-being.

'... I've realised the importance of planning to take care of my own health. I've actually made the time to plan my own food intake, and to do things like keep an apple in my handbag or make a salad.'<sup>5</sup>

**It is easy to fall into a routine of prioritising caring for others, but planning for your own self-care is an important weekly activity.**

Visit our website at <http://www.healthymothers-healthyfamilies.com/> for more information.

\*Item 1, HPAS, Helen Bourke-Taylor© see references 9, 11, 12 and 20.

References 5 and 11–13: See Fact Sheet 13 for full list of references.