

6 types of self-care for men to live a happier and healthier life



Exploring self-care strategies for men



Content reviewed September 2024
By Health Shield's Wellbeing Team

In a world where men's health issues often get neglected, we explore six vital self-care practices that can lead to a happier and healthier lifestyle.

When it comes to health, men often face unique challenges that are frequently overlooked. From mental health crises to physical ailments, men grapple with a range of problems that require urgent attention. The statistics paint a stark picture: men's suicide rates are three times higher than women's, they have a shorter life expectancy on average, and they are more likely to suffer from lung cancer and heart disease. These disparities highlight the need for a focus on male health and wellness, specifically addressing these distinct struggles affecting men.

Often, what passes for self-care among men tends to be limited to physical fitness. Regular gym sessions, sports, and maintaining a balanced diet are frequently considered the extent of health maintenance. While these are crucial components of physical self-care, this perspective often falls short of a holistic approach to wellness. This limited view neglects emotional, spiritual, financial, professional, and social self-care, which are equally valuable in maintaining overall health and wellbeing. Here we'll take a look at the six types of self-care that can help men live healthier and happier lives.

Physical self-care

Physical self-care involves looking after your physical health through healthy eating, regular exercise, and adequate rest. Taking the time to look after your physical needs will help you stay strong and improve your overall health.

Good ways to look after your body include:

- Eating nutritious meals at regular intervals
- Exercise regularly – try a new sport or join a gym class
- Get enough restful sleep
- Make time for relaxation and fun activities
- Give yourself regular check-ups to monitor your health
- Avoid risky behaviours such as substance abuse
- Go for a walk, it's been shown to have a huge impact on health

Emotional self-care

Emotional self-care is just as important as physical care. It involves taking the time to process our thoughts and feelings, recognising when we're feeling overwhelmed, stressed or unhappy, and taking action to help us cope better.

Good ways to look after your emotional health include:

- Take regular breaks from work and activities
- Spend quality time with people who are important to you
- Talk openly about how you're feeling – don't bottle things up
- Make time for hobbies and interests that make you happy
- Seek professional help if needed
- Try a mindful breathing exercise, taking slow, conscious breaths

Spiritual self-care

Spiritual self-care involves nourishing your inner self and taking part in activities that give you a sense of purpose. This could mean exploring your beliefs, developing new ones, or practising mindfulness to gain greater insight into yourself and your relationships.

Good ways to look after your spiritual wellbeing include:

- Spend time in nature
- Pray or meditate regularly
- Take up a new activity that challenges you spiritually
- Connect with friends or family who share similar beliefs
- Read inspiring books or articles on spirituality
- Give yourself 'me' time for reflection and contemplation

Financial self-care

Financial self-care is all about taking control of your finances. This means getting on top of bills, debt payments, budgeting, and learning how to manage money better. It also involves setting goals and working towards them – such as saving for holidays or retirement.

Good ways to look after your finances include:

- Create a budget and stick to it
- Pay off debts as quickly as possible
- Make sure you have sufficient savings for emergencies
- Invest in retirement funds or other long-term savings options
- Automate your payments when possible
- Seek free impartial debt management support when needed
- Bet responsibly. Seek immediate, free support if gambling feels overwhelming

Professional self-care

Professional self-care involves taking the time to work on your career and job satisfaction. This includes building relationships, seeking mentorship, improving skills, and setting goals for professional development. It also means taking regular breaks from work to prevent burnout.

Good ways to look after your professional wellbeing include:

- Take part in networking opportunities
- Ask for help or advice when needed
- Take training and development courses to learn new skills
- Set short-term and long-term goals
- Make time for a healthy work/life balance
- Celebrate success and recognise your achievements

Social self-care

Social self-care is all about taking care of your relationships with others. This means building strong connections with family and friends, giving and receiving help in times of need, and understanding how to handle difficult social situations.

Good ways to look after your social wellbeing include:

- Maintain friendships through regular contact
- Spend time with those who make you feel good
- Seek out new social connections
- Practice good listening skills and active communication
- Join community groups or activities that interest you
- Show kindness to everyone you meet

Exploring and trying out different activities across all six areas of self-care can help you discover what works best for your unique needs and circumstances. It's all about finding a balance that allows you to thrive, both physically and emotionally. Don't hesitate to experiment with new ways to care for yourself and remember that it's okay to take time for your own wellbeing. You are worth the investment, and it's never too late to start. Make a commitment to yourself today to prioritise your health and happiness. Your journey towards improved self-care may not always be easy, but it will be immensely rewarding. Remember, every step you take is a step closer to a happier, healthier you. You are capable, you are deserving, and you have the power to create the life you desire. Take action and bring your aspirations to life. Your future self will be grateful.

How your health cash plan can support you

A Health Shield cash plan can provide support to each of the six types of self-care*:

- **Physical self-care:** Claiming money back on things to support your physical health, like sports massages.
- **Emotional self-care:** Access to counselling services supports emotional wellbeing.
- **Spiritual self-care:** Claiming money back for therapies like deep tissue massage.
- **Financial self-care:** Being able to claim money back on everyday healthcare costs supports budgeting but you can also access financial advice through an employee assistance programme.

*Please refer to your plan's terms and conditions before receiving any treatment. The amounts that can be claimed per year depends on the type and level of policy.

Make the most of your *my*wellness benefits

Don't miss out on the range of wellbeing services included in your health cash plan - access them easily online to support your health.

Discover your benefits

Health Shield Friendly Society Limited
Electra Way
Crewe Business Park
Crewe
Cheshire
CW1 6HS

Tel: 01270 588555

Got a question about your cash plan?
[Check out our FAQs](#)