


Jo Drayton

The importance of investing in you





The importance of “INVESTING IN YOURSELF”

JO DRAYTON – Wheatbelt Suicide Prevention Coordinator - HOLYOAKE

Quick question to start?

How would you define yourself ?



As women, we hold many roles:

We are mothers, partners, wives,
sisters, daughters, girlfriends, farmers,
business partners, friends, aunts,
grandmothers, teammates, mentors,
confidants, role models, coaches, co-workers
or volunteers.

But often, when juggling many of these roles, in our day to
days lives, it can very easily come to a point where taking care
of ourselves becomes secondary.



Practicing self-love and self-care not only makes you more whole as a person, but also makes you more capable of RECEIVING & GIVING love

After all, we cannot give to someone else what we cannot gift to ourselves.

To quote Audre Lorde,
“Caring for myself is not self-indulgence, it is self-preservation.”



Another question to ponder.....

Why is investing in ourselves and
undertaking selfcare always the last thing
on our
'TO DO LIST'



So today, as somebody that was raised on a farm, has a husband who is involved in agriculture, friends who farm, whose role supports the wellbeing of those involved in agriculture across the Wheatbelt,

I salute you ALL,

I look out at a room full of hard working, multi-tasking women, who often are quietly, and sometimes without recognition, juggling a myriad of tasks every single day and are making it all look easy.

Today, in honour of you ALL, I will now gift you the importance of
INVESTING IN YOURSELF



You need to practice
10 – 15 minutes
of self care every single day

there are 1,440 minutes in a day
– you must invest at least
10 – 15 minutes
every day in yourself.

Self care is the things you do that
make your eyes shine,
make you smile subconsciously,
and make you loose track of time.....



JO'S SELF CARE TIPS !!!

REMEMBER YOUR VALUE DOESN'T LIE IN HOW YOUR BODY LOOKS

SO MANY THINGS IN THE WORLD WANT TO
DISTRACT YOU FROM THIS POWERFUL TRUTH.
YOU ARE VALUABLE BECAUSE YOU ARE YOU,
NOT BECAUSE OF YOUR BODY.

REMEMBER THAT YOU AND YOUR RELATIONSHIP WITH YOUR BODY IS WHAT
YOU ARE ROLE MODELLING TO YOUR DAUGHTERS, NIECES, AND YOUNG
EMERGING WOMEN.

JO's SELF CARE TIPS !!!

START A COMPLIMENTS FILE

DOCUMENT ALL THE NICE THINGS PEOPLE SAY TO YOU –
IT IS A POWERFUL REMINDER OF YOUR SELF-WORTH
AND WILL MAKE FOR AN
ENCOURAGING AND HEARTWARMING
READ ON YOUR
'NOT SO CONFIDENT' DAYS.

JO'S SELF CARE TIPS !!!

EMBRACE YOUR UNIQUENESS

STOP COMPARING YOURSELF TO OTHERS.

IT'S IMPORTANT TO FOCUS ON YOU & ALL THAT YOU BRING TO THE WORLD
AND GIVE TO THOSE THAT YOU LOVE !!!!

THANKFULLY, THERE IS ONLY ONE
MAGNIFICENT & GLORIOUS "YOU".

JO'S SELF CARE TIPS !!!

DO AN OCCASIONAL 'FRIENDSHIP PRUNE'

THERE ARE TIMES IN YOUR LIFE THAT YOU MAY HAVE
TO DISTANCE YOURSELF FROM TOXIC PEOPLE

THOSE THAT DON'T HAVE YOUR BEST INTEREST AT HEART,
THOSE THAT MAY CRITICISE OR JUDGE YOU BEHIND YOUR BACK.

DON'T BE AFRAID TO DO THIS – IT'S IMPORTANT
AND IT IS ALSO VERY LIBERATING!

AS YOU EVOLVE SO DOES YOUR INNER CIRCLE / TRIBE

JO'S SELF CARE TIPS !!!

TREAT YOURSELF OFTEN !!!!

INDULGE IN SMALL LUXURIES OFTEN!

IT DOESN'T NEED TO BE EXTRAVAGANT OR EXPENSIVE –
IT COULD BE AS SIMPLE AS TAKING A LONG SHOWER,
RE-READING YOUR FAVOURITE BOOK OR
RE-WATCHING YOUR FAVOURITE MOVIE,
TAKING TIME FOR MINDFULNESS OR MEDITATION,
'ME TIME' IN THE EVENING OR
EATING A DECADENT TREAT (EVEN FOR BREAKFAST).

JO'S SELF CARE TIPS !!!

ALLOW YOURSELF TO TRY NEW THINGS AND MAKE MISTAKES

WE TELL OUR CHILDREN
“NOBODY’S PERFECT, EVERYONE MAKES MISTAKES.... DON’T BE AFRAID TO
TRY SOMETHING NEW”

BUT THE OLDER WE GET,
THE MORE PRESSURE WE FEEL NEVER TO FAIL,
OR RESIST TRYING SOMETHING FOR THE FIRST TIME.... .

A MISTAKE IS NOT A MISTAKE IF YOU LEARN FROM IT, AND THERE IS SOO
MUCH TO EXPERIENCE WHEN WE STEP OUTSIDE OF OUR COMFORT ZONE!

JO'S SELF CARE TIPS !!!

CHECK IN WITH YOURSELF AND INVEST IN YOUR 'RELATIONSHIP WITH YOURSELF'

IF YOU'RE FEELING PARTICULARLY OVERWHELMED, SAD OR STRESSED, TAKE A
MOMENT TO SIT SOMEWHERE QUIET
AND NAME WITHOUT JUDGEMENT WHAT YOU'RE FEELING.

GET INTO THE HABIT OF WRITING DOWN YOUR FEELINGS, TRACKING YOUR
MOODS AND THEIR CAUSES.

ALSO REMEMBER IT IS OK TO NOT BE OK,
BUT IT'S NOT OK, TO NOT DO ANYTHING ABOUT NOT BEING OK !!

JO's SELF CARE TIPS !!!

LEARN WHAT IS WITHIN YOUR CIRCLE OF CONTROL & WHAT'S NOT !!

CIRCLE OF CONCERN

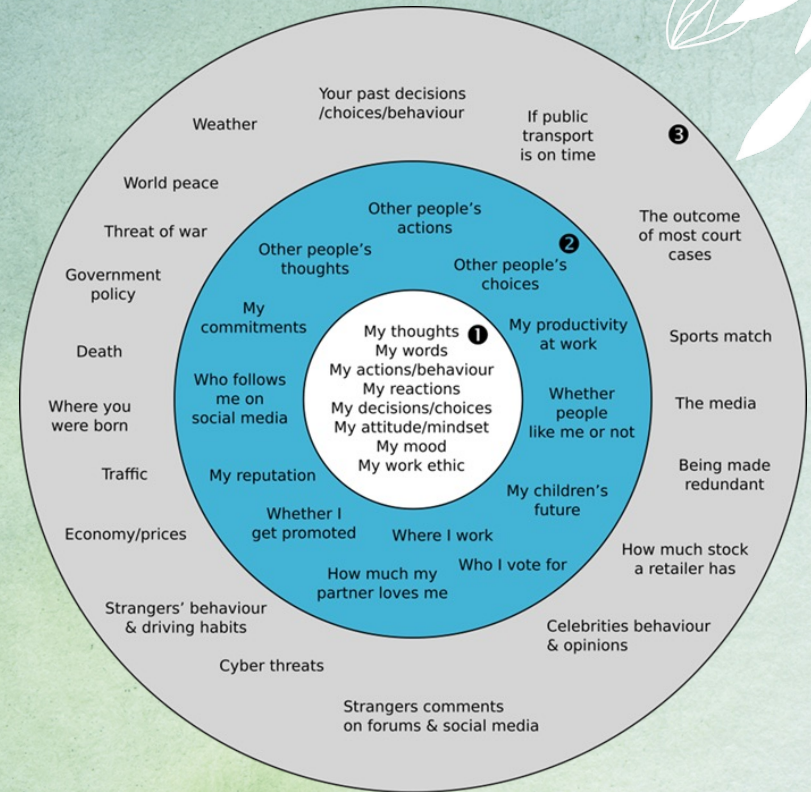
Majority of things you have no control over but often cause you concern (learn to let these go).

CIRCLE OF INFLUENCE

More control, but not full control – we can have 'influence' here (by changing our attitudes or actions).

CIRCLE OF CONTROL

These are the things that you have full control over and should be the focus of your attention



JO's SELF CARE TIPS !!!

LAUGH & EMBRACE YOUR INNER CHILD

THE WORLD IS OFTEN A SERIOUS AND STRESSFUL PLACE,
TRY TO EMBED LAUGHTER AND LIGHTNESS INTO EVERY DAY – RELEASE
THOSE ENDORPHINS (THEY NEGATE CORTISOL).

AFTER ALL LAUGHTER TRULY IS THE BEST MEDICINE.

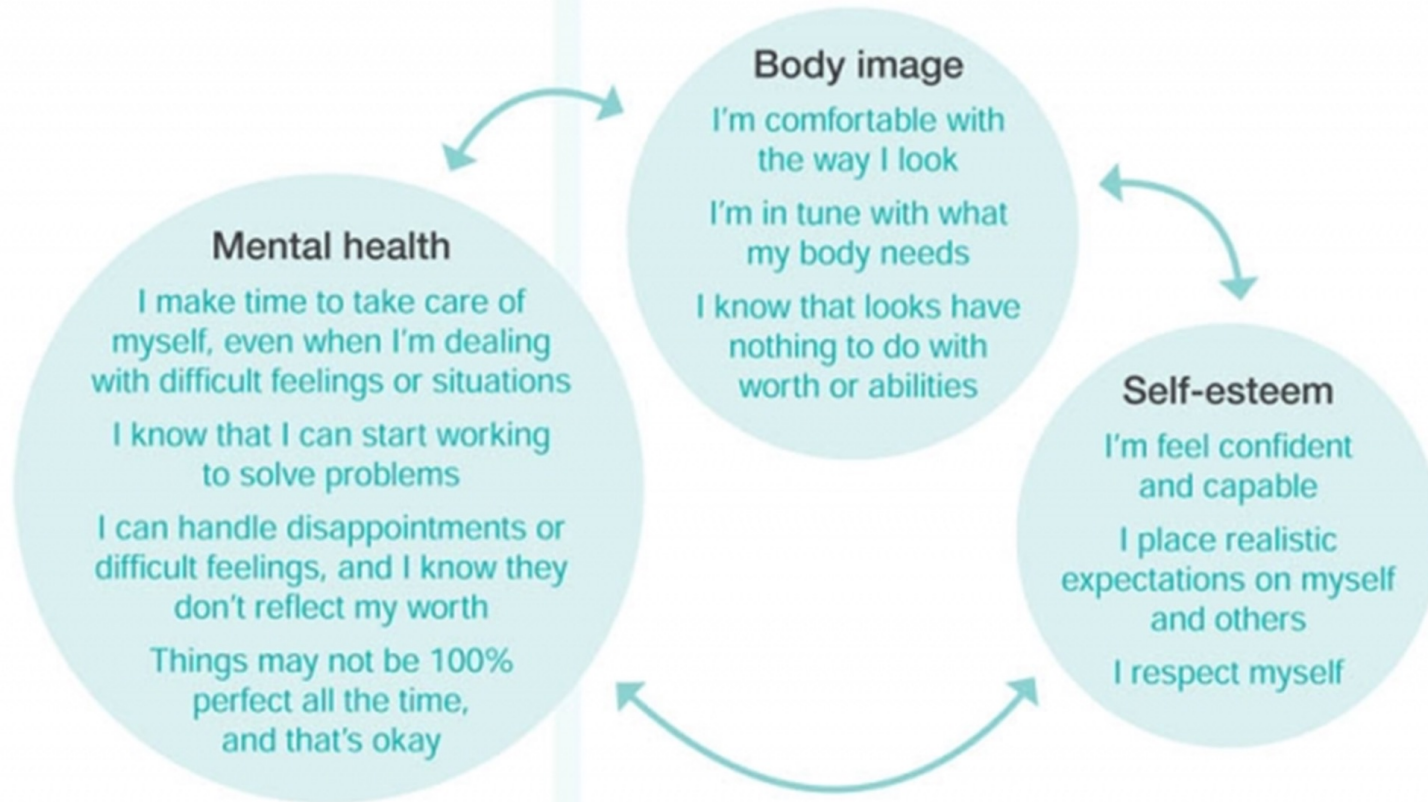
JO's SELF CARE TIPS !!!

FIND YOUR PYJAMA FRIEND

ON THE DAYS THAT NOTHING IS GOING RIGHT
AND YOU CAN'T GET OUT OF YOUR PYJAMAS,

FIND THE PERSON THAT YOU CAN RING, WILL COME OVER IN THEIR PYJAMAS
AND SIT WITH YOU, WITHOUT JUDGEMENT

AND EAT CHOCOLATE CAKE WITH YOU FOR BREAKFAST !!!



I AM WOMEN & I AM PROUD

I am proud of every woman
who finds it in herself to try new things,
push herself, and move outside of her
'comfort zone'.

I am proud of the women who find inspiring role models
to motivate them,
and women who live their lives in ways
where they can fill that role for others.



I AM WOMEN & I AM PROUD

I am proud of the women who have
'become'
because of the women who have come before them.

I am proud of the women that know how to both give and take
compliments, support and respect other women.

I am proud of the inner strength they have found,
and the outward strength they produce.



I AM WOMEN & I AM PROUD

I am proud of the women
who judge peoples work ethic rather than
their work clothes.

I am proud of the women who find creative solutions,
use their bodies and brains in unison,
and courageously break the mold.



I AM WOMEN & I AM PROUD

I am proud of individuals who value ambition
and “giving it your all”
above superficial experiences
and fabricated needs.

I am proud of women who hold each other up,
approach life with determination and will not let anything
stand in the way of accomplishing their dreams.



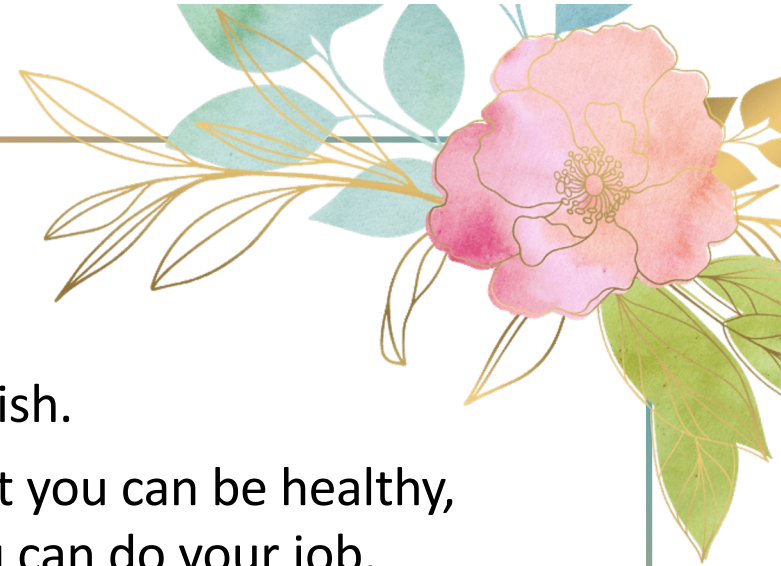
- ◆ I ACCEPT MYSELF UNCONDITIONALLY
- ◆ I AM GLOW BECAUSE OF MY UNIQUENESS
- ◆ I AM BEAUTIFUL JUST THE WAY I AM
- ◆ I AM SMART, DYNAMIC, COMPETENT AND CAPABLE
- ◆ I AM HAPPY, VALUED AND I KNOW THAT I AM LOVED
- ◆ I AM STRONG, RESILIENCE & POWERFUL
- ◆ I CAN RECOVER FROM A SETBACK & LEARN FROM MY MISTAKES
- ◆ I CAN DO AMAZING THINGS IN THIS WORLD
- ◆ I HAVE WHAT IT TAKES TO MAKE A DIFFERENCE & I WILL FIND A WAY
- ◆ I LOVE WHO I HAVE BECOME OR AM BECOMING
- ◆ I AM ENOUGH

In closing

Self-care is NOT being
self-indulgence or being selfish.

Self-care means taking care of yourself so that you can be healthy,
you can maintain a state of wellbeing, you can do your job,
you can help and support others, and you can do all the things you want to
accomplish everyday, without experiencing resentment or frustration towards
family and friends.

Self-care is part of the answer to how we can all
better cope with daily stressors





JO DRAYTON

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Suicide Prevention Coordinator

