

Personal Care Management & Hygiene

Taking care of yourself and your hygiene is important to helping you feel good and stay healthy. You work daily to take care of yourself, keep clean and practice good hygiene habits.

Provide examples below of the positive hygiene habits that you practice every day.

1. _____
2. _____
3. _____
4. _____
5. _____

Provide examples of daily ways you take care of yourself. For example, exercise routine, meditation, etc..

1. _____
2. _____
3. _____
4. _____
5. _____

Life isn't always easy or ideal, but taking care of yourself and keeping positive hygiene habits are vital. It doesn't take a lot of time or money to maintain good hygiene habits. When you look good, you feel good and have more confidence. Not taking pride in personal care and hygiene can have a negative impact on your personal and professional relationships as well as effect on health, both physical and emotional.

The following are some common health issues that can occur when good personal care is neglected. Write down how these problems can negatively impact you.

- Messy or dirty physical appearance. How can this negatively affect your life?

- Frequent physical illnesses such as sinus infections, colds and flus. How can being sick cause problems?

- Physical exhaustion, tiredness, stress. How can feeling tired and stressed negatively effect your life?

Have you ever been in a situation where you didn't practice good hygiene and personal care? If so, list what caused you to stop taking care of yourself.

What areas of your life suffered by not taking care of yourself?

List a few good things that have happened to you when you were taking good care of yourself and had good hygiene habits.

1.

2.

3.
