

Healthy Mind & Healthy Life

Self-care Practice



STRENGTHENING MENTAL WELL-BEING OF YOUNG PERSONS AT RISK

Issues no: 10

Know Yourself to Grow Yourself

Oxford Dictionary defines the word “self-care practices” as - The practice of activities that are necessary to sustain life and health, normally initiated and carried out by the individual for him- or herself. Self-care practices for human beings are a very important part of life movement. Self-care for mental health is essential for maintaining emotional well-being reducing stress, and improving overall quality of life.



Physical Self-Care

Physical self-care involves taking actions and making choices that promote your physical health and well-being. It's an essential aspect of overall self-care that focuses on maintaining and enhancing your physical condition.



Regular Exercise



Adequate Rest & Sleep



A Balanced Diet



Drinking Enough Water



Personal Hygiene



Regular Health Check-Ups

Emotional Self-Care

Emotional self-care is an integral part of overall well-being. By consistently practicing these strategies, you can enhance your emotional health, build resilience, and lead a more balanced and fulfilling life.



Emotional Expression



Self-Compassion



Self-Awareness



Time for Yourself



Forgiveness



Gratitude

Social Self-care

Social self-care involves nurturing and maintaining healthy relationships, setting boundaries, and ensuring your social interactions are fulfilling and encouraging. It focuses on your connections with others and the impact of those connections on your overall well-being.



Strengthening
Existing Relation



Spend Quality Time
with Loved Ones



Progressive
Communication



Make
Good Friends



Social Support
to Others



Meeting People

Spiritual Self-care

Spiritual self-care involves nurturing and tending to your inner self, exploring your values, beliefs, and purpose, and connecting with something greater than yourself. It's a deeply personal and introspective aspect of self-care that goes beyond religious beliefs and can be practiced by people of various spiritual backgrounds or even those who consider themselves atheists. Spiritual self-care is essential for finding meaning, purpose, and a sense of inner peace in life.



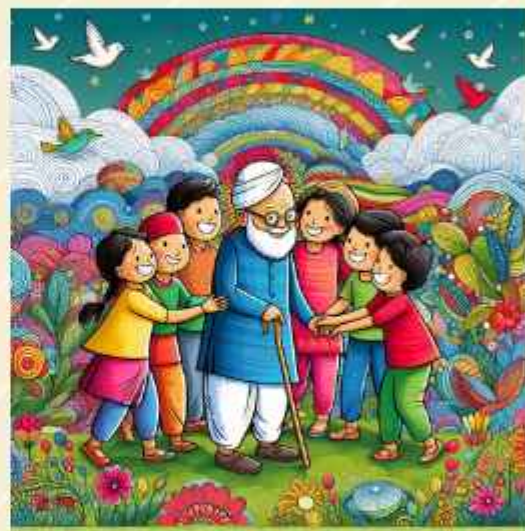
**Engage with A
Spiritual
Community**



Offering Prayers



**Spending Time
with Nature**



Volunteering Services

Self-care Planning

#ChildWellbeingMatters



Self-care planning is a continuous process that requires dedication and self-awareness. It empowers you to take control of your well-being and lead a healthier, more balanced life. By incorporating self-care into your daily routine, you can better cope with stress, enhance your physical and emotional health, and improve your overall quality of life.

- **Micro-Planning:** Short, daily commitments (e.g., 5 minutes of meditation, gratitude list).
- **Themed Planning:** Focus on specific areas like movement, creativity, or digital detox.
- **Habit-Building Planning:** Introduce new routines like stretching, healthy meals, or journaling
- **Community Planning:** Join online or in-person groups for shared accountability and support

Self-care Challenges



Self-care Challenges

A self-care challenge is a structured approach to incorporating self-care practices into your daily routine for a set period, usually ranging from a few days to several months. They provide a framework for focusing on specific aspects of your well-being and offer a fun and engaging way to build new habits.

A few things need to be avoided for better self-care

- **Avoid Your Wants:** When you push yourself to the limit, you risk burnout and emotional depletion. Prioritize your well-being to function at your best.
- **Avoid Engaging in Harmful Activities:** Don't use unhealthy coping mechanisms like excessive alcohol, drugs, or unhealthy eating habits to manage stress. These create more problems in the long run.
- **Avoid Comparing Yourself to Others:** What works for someone else might not work for you. Focus on your journey and celebrate your unique self-care practices.
- **Avoid Being Careless:** Self-care isn't about avoiding responsibilities. Find ways to balance your needs with your commitments healthily and sustainably.
- **Avoid Feeling Guilty:** Taking care of yourself isn't selfish; it's essential. Remember, you can't pour from an empty cup.
- **Avoid Hesitation to Seek Professional Help:** Don't hesitate to seek professional support if you're struggling with mental health concerns or overwhelming stress.

Self-care of Diverse Lifestyle

Self-care isn't one-size-fits-all! Whether you're a busy city dweller, a nomadic adventurer, or somewhere in between, self-care should match with your unique lifestyle.

Don't force bubble baths if rock climbing fuels your soul. Recognize your needs and priorities, then curate a self-care playlist that keeps you balanced and thriving. It's all about investing in your well-being, in a way that resonates with your own rhythm.



Tips to improve Self-care

- Focus on Specific Areas: Challenges address diverse needs, aiming at physical, mental, emotional, or spiritual self-care, or a combination
- Structure and Flexibility: They offer a structured plan with daily or weekly tasks, but you can adjust it to fit your schedule and preferences
- Accountability and Motivation: Tracking progress and sharing with friends or online communities can boost motivation and provide support
- Small Steps, Big Impact: Break down goals into manageable steps to avoid feeling overwhelmed, leading to long-term positive change
- Customization: Choose challenges that align with your interests and needs. Don't hesitate to modify them to best suit your lifestyle

Organization Working for the Mental Well-being



IKSMHA | IIT Mandi

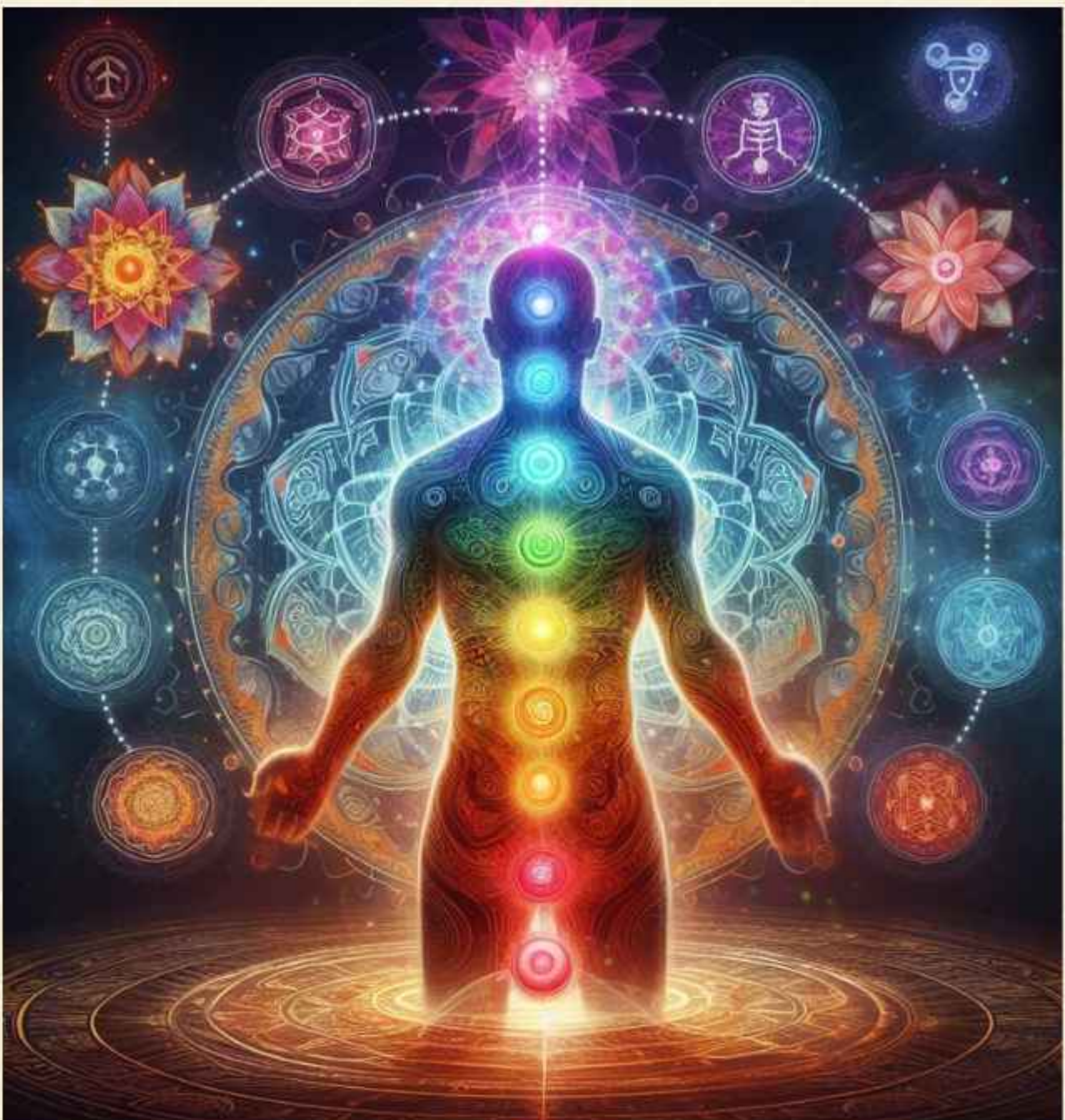


MIND India



Indian Mental Health
and Research Centre

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Wellness Wheel



[Image source: headspace](#)

Remember that building a healthy relationship with yourself takes time and effort. Be patient with yourself as you work towards self-improvement and self-acceptance. "You deserve to have a positive and nurturing relationship with yourself just as much as you have with others". Self-care is individual, and what works for one person may not work for another. It's essential to explore different self-care practices and determine which ones have the most positive impact on your mental health. Additionally, don't hesitate to seek professional help if you're struggling with a mental health condition or if your self-care efforts aren't sufficient. Your mental well-being is important, and there is support available.

YaR DAY 2023
& CAMPAIGN

HEALTHY MIND HEALTHY LIFE

Strengthening Mental Well-being of Young Persons at Risk



National YaR Day: 31 August
National YaR Campaign: 31 Aug 2023 - 30 Aug 2024

Guwahati Hub

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Don Bosco National Forum For The Young at Risk

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