The Importance of Self-Care For Mental Health

Self-care is the conscious practice of improving your self-awareness, control, and reliance to achieve and maintain optimal health and well-being.

Why Is Self-Care Important?

Prioritizing self-care in your daily life has many benefits and gives you the tools you need to preserve a healthy lifestyle amid everyday stressors.

Benefits:

- Reduces anxiety, depression, and stress.
- Improves resiliency and self-esteem.
- Enhances sleep quality and energy.
- Improves focus and productivity.
- Boosts immune system.
- Strengthens interpersonal relationships.

Remember, taking time for yourself is not selfish, it's a necessity. Practicing self-care will lead you to live a happier and healthier life.

How to Create a Self-Care Routine

1   Determine Your Wants & Needs

What are your main stressors?
What parts of your day do you value most?
What types of coping mechanisms do you currently use?
What do you feel you're missing in your physical/mental/emotional/social life?

2   Find What Makes You Feel Centered

What makes you feel relaxed?
What makes you feel energized and inspired?
What makes you feel fulfilled?
How you do cheer yourself up when you are down?

3   Make a Plan

How can you incorporate these things into your daily life?
Who can you turn to for support?
What harmful barriers or habits do you need to overcome?
What goals do you want to achieve through self-care?