



STOP
MENTAL ILLNESS
FOUNDATION
SMIF

@smifnigeria.org

3

Self-Care Practices





STOP
MENTAL ILLNESS
FOUNDATION
SMIF

PHYSICAL SELF-CARE

Engage in activities that promote physical well-being. Exercise regularly, eat nutritious meals, prioritize restful sleep, and attend to your personal hygiene.

Take breaks throughout the day to stretch and relax your body.



STOP
MENTAL ILLNESS
FOUNDATION
SMIF

MENTAL SELF-CARE

Nourish your mind by engaging in activities that stimulate your intellect and creativity.

Read books, solve puzzles, learn new skills, or engage in hobbies that bring you joy.

Practice mindfulness and meditation to calm racing thoughts and cultivate present-moment awareness.



STOP
MENTAL ILLNESS
FOUNDATION
SMIF

EMOTIONAL SELF-CARE

Connect with your emotions and develop healthy coping mechanisms. Journaling, talking to a trusted friend or therapist, or engaging in artistic expression can help you process and navigate your emotions.

Practice self-compassion and embrace self-acceptance, allowing yourself to feel and experience emotions without judgment.



STOP
MENTAL ILLNESS
FOUNDATION
SMIF

Was this helpful?

*Don't forget to like,
save and share.*

