Stop Mental Illness Foundation

August Newsletter

Embrace Self-Care and Thankfulness in Your Daily Life

Self-Care

Self-care is a comprehensive approach to nurturing physical, mental, and emotional well-being. It involves prioritizing oneself, promoting self-love, and encompasses various practices. This guide offers insights and practical tips for enhancing overall well-being through self-care.

Oluseyi's Corner

In challenging times, cultivating endurance and contentment is vital for mental well-being. Endurance helps us persevere through difficulties, fostering resilience.

Contentment emphasizes finding inner peace and gratitude, irrespective of external circumstances. Supporting each other with kindness and compassion strengthens our collective resilience.

What is Self-care?

Self-care is a holistic practice that encompasses various principles, practices, and strategies aimed at nurturing your physical, mental, and emotional well-being. It involves consciously and intentionally taking care of yourself, prioritizing your needs, and fostering a deep sense of self-love and compassion. Here, we will explore the different facets of self-care, providing you with valuable insights and practical tips to enhance your well-being.

Principles of Self-care

1. Self-Awareness: Self-care begins with self-awareness. Take time to understand your needs, desires, and limitations. Tune in to your emotions, thoughts, and physical sensations. Recognize when you are feeling overwhelmed or depleted and honour those feelings by responding with kindness and compassion.

2. Boundaries: Establishing healthy boundaries is crucial for self-care. Learn to say "no" when necessary and set limits on your time, energy, and commitments. Respect your personal boundaries and communicate them assertively to others. This allows you to preserve your energy and protect your well-being.

3. Balance: Strive for balance in all areas of your life. Allocate time and energy to several aspects, such as work, relationships, leisure, and rest. Avoid excessive stress and burnout by finding a healthy equilibrium that supports your overall well-being.

Self-Care Practices

1. 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.

2. 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.

3. 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.

Self-Care Tips for Better Mental Health

1. Practice Mindfulness: Engage in mindfulness exercises to anchor yourself in the present moment. Focus on your breath, senses, or the environment around you. This helps calm racing thoughts, reduces stress, and cultivates a sense of peace and clarity.

2. Grounding Exercises: Grounding techniques can help you reconnect with the present moment and alleviate anxiety. Focus on sensory experiences, such as feeling the texture of an object, listening to soothing music, or noticing the details of your surroundings.

3. Love Language for Self-Care: Identify your primary love language (words of affirmation, acts of service, quality time, physical touch, or receiving gifts) and find ways to express it to yourself. Engage in activities aligned with your love language, such as writing yourself encouraging notes, treating yourself to a spa day, or spending quality time alone.

Steps to Practice Self-Care

1. Assess Your Needs: Take stock of your physical, mental, and emotional needs. Reflect on what brings you joy, relaxation, and fulfilment. Consider activities that recharge you and make you feel nourished.

2. Create a Routine: Establish a consistent self-care routine that incorporates activities aligned with your needs. Schedule regular time for self-care and treat it as a non-negotiable part of your day. Set aside specific blocks of time for self-care activities, whether it is in the morning, during lunch breaks, or in the evening.

3. Start Small: Begin with small, achievable steps. Choose one or two self-care practices that resonate with you and incorporate them into your routine. It could be as simple as taking a short walk, practicing deep breathing exercises, or enjoying a cup of herbal tea.

4. Prioritize Self-Care: Make self-care a priority by setting boundaries and saying no to activities or commitments that drain your energy or compromise your well-being. Remember, taking care of yourself is not selfish—it is essential for your overall health and happiness.

How to Put a Stop to Racing Thoughts

1. Practice Mindfulness: Engage in mindfulness exercises to bring your focus back to the present moment. Observe your thoughts without judgment and let them pass by like clouds in the sky. Ground yourself in the sensations of your breath or the environment around you.
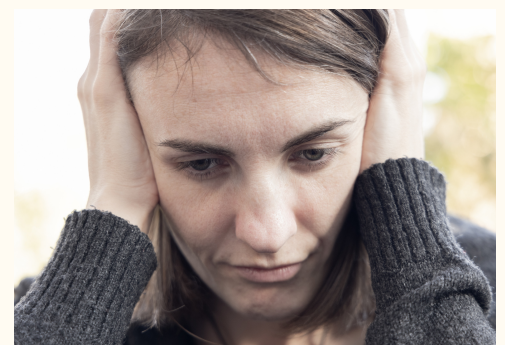
2. Challenge Negative Thoughts: When racing thoughts are fuelled by negativity or self-doubt, challenge them with rational thinking. Ask yourself if there is evidence supporting these thoughts or if there might be alternative perspectives. Reframe negative thoughts into more positive and realistic ones.

3. Engage in Relaxation Techniques: Incorporate relaxation techniques such as deep breathing exercises, progressive muscle relaxation, or guided imagery. These practices can help calm your mind, reduce anxiety, and promote a sense of inner calm.

Exercises to Keep the Mind Grounded

1. Grounding through the Senses: Engage your senses to bring your attention to the present moment. Notice the physical sensations in your body, focus on the details of your environment, or use sensory objects like a stress ball or textured item to redirect your attention.

2. Body Scan Meditation: Perform a body scan meditation by systematically bringing awareness to distinct parts of your body. Start from your toes and work your way up to your head. Notice any tension or sensations, allowing yourself to relax and release any stress or discomfort.

3. Engage in Physical Activity: Physical exercise can help ground your mind. Engage in activities such as yoga, jogging, dancing, or any form of movement that allows you to connect with your body and release tension.

How to Use Love Language for Self-Care

1. Identify Your Love Language: Discover your primary love language, which could be words of affirmation, acts of service, quality time, physical touch, or receiving gifts.
2. Express Love to Yourself: Once you identify your love language, find ways to express it to yourself, such as positive affirmations, acts of kindness, or self-indulgent treats.
3. Consistency is Key: Establish a regular self-care routine by setting clear goals, scheduling dedicated time, starting small, being realistic, holding yourself accountable, staying flexible, and reflecting on its impact.
4. Seek Support: Don't hesitate to seek support from others if you're struggling with consistency. Join online communities or find accountability partners for motivation and inspiration.

Tips for Creating a Self-Care Routine at Home

Self-care guide: Prioritize healthy habits, create a relaxing space, practice mindfulness, engage in creative activities, connect with others, cultivate gratitude, limit screen time, and indulge in self-pampering and hobbies for overall well-being.

Endurance and Contentment: Navigating Life's Challenges with Mrs. Oluseyi's Words of Encouragement

In these turbulent times, embracing endurance and contentment is paramount – don't be left behind on this journey to mental well-being!

In a world facing numerous challenges and crises, our mental well-being is deeply affected. From global pandemics to social unrest, these uncertainties can be overwhelming. However, we can navigate these times with two vital tools: endurance and contentment.

Endurance allows us to persevere despite setbacks and obstacles, fostering resilience. Contentment teaches us to find peace and joy within ourselves, independent of external circumstances.

These principles are crucial for maintaining mental well-being. They remind us to focus on what's in our control, appreciate small victories, seek support, and practice self-care. Supporting one another with kindness and compassion is equally essential.

Challenges, though daunting, offer opportunities for growth. By developing endurance, embracing contentment, and supporting one another, we can find the inner strength to face any adversity, nurturing hope for brighter days ahead.

Stay Connected with us

have any questions about Mental Health?

We're here to help and support you. Visit our website or connect with us on social media to access valuable resources, information, and a community that cares about your mental well-being.

let's chat!

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