

Achieving Mental Wellness Through Self-Care Skills: COVID-19 and Beyond



What is Self-Care?

- Permitting yourself to let go of stress and anxiety
- Welcoming in activities, moments, and experiences that enrich your life
- Ensuring activities are achievable and interesting to you
- Integrating these into your daily life to manage stress

Unique to You with Guiding Principles

- Seven domains of self-care
 - Health literacy
 - Mental well-being
 - Physical activity
 - Healthy eating
 - Risk avoidance or mitigation
 - Good hygiene
 - Rational and responsible use of products, services, diagnostics, and medicines
- Self care can entail
 - Following basic hygienic protocol
 - Having a healthy diet
 - Sports and leisure activities
 - Establishing a healthy environment
 - Maintaining a medication regimen

How Do I Get Started?

Conduct a Quick Self-Assessment

- Physical self-care
 - Are you getting enough sleep?
 - Are you getting enough exercise?
 - Is your diet adequate for your nutritional needs?
 - Are you following the appropriate medication regimen, if applicable?
- Social self-care
 - What are you doing to maintain the relationships that matter to you the most?
 - How do you nurture relationships with your friends and family?
- Mental self-care
 - Do you make time in your schedule to do activities that you enjoy?
- Spiritual self-care
 - What are the questions you ask yourself about your life and experience?
- Emotional self-care
 - Do you have healthy ways to handle your emotions?
 - Do you make time to do activities that help you recharge?



Data adapted from "Achieving Mental Wellness Through Self-Care Skills: COVID-19 and beyond", a webinar originally held on 8/5/2021. Presented by Chelsea Hayman.



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Creating a Self-Care Plan

- Develop a list of activities associated with different aspects of your life (e.g., work, physical fitness, emotional life, relationships, and community)
- Write down the activities or strategies you can use and are genuine to you and your own well-being
- Being mindful of possible barriers to achieving these activities
- How can you shift these barriers?
- Share your plan with friends and family
- Put your plan on display
- Block off time for your self-care activities in your planner or on your calendar



Strategies After Assessment

- What is your self-care lacking?
 - Identify what domains of self-care you are not proactively addressing in your life
 - Set achievable and measurable goals for meeting this domain; start small
 - Never devalue yourself in the process
 - Lead with positivity and independent initiative
- How will you bridge the gap?
 - Name the tools that you will use to meet your needs within that domain
 - Select the tools that make the most sense for your lifestyle
 - To keep things interesting, don't be afraid to try something new

Self-Care Can Be:

- Asking for help
- Spending time alone
- Putting yourself first
- Asking for what you need
- Setting boundaries
- Staying at home
- Saying 'no'
- Forgiving yourself
- Taking a step back



Example: Box Breathing

Box breathing, also referred to as square breathing, is a deep breathing technique that can help you slow down your breathing. To learn more and practice, visit:

- www.webmd.com/balance/what-is-boxbreathing
- www.youtube.com/watch?v=tEmt1Znux58

RESOURCES

Podcasts

Unlocking Us
Life Kit

The Daily Meditation Podcast
Guided Sleep Meditations

Books

The Self-Love Journal by Leslie Marchand LCSW
Daring Greatly by Brene Brown

Feeling Good: The New Mood Therapy by David D. Burns, MD

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