

PREVENTION FIRST

Reimagine Youth Development Training & Technical Assistance

Positive Youth Development (PYD) and self-care are intrinsically linked. Self-care practices are a crucial component of healthy development and well-being in young people. When youth develop positive self-care habits, they are better equipped to navigate challenges, build resilience, and thrive, aligning with the core principles of PYD.

September is Self-Care Awareness Month. This month focuses on promoting mental and physical health through self-reflection, stress management, and healthy habits. Resources include mindfulness practices, journaling, therapy, and engaging support systems.

Resources and Activities:

Mindfulness and Meditation:

According to [Boston University](#), mindfulness and meditation can help reduce stress and improve focus by bringing awareness to the present moment.

Journaling:

Reflective journaling allows for self-exploration and understanding of thoughts and feelings.

Seeking Feedback:

Receiving feedback from trusted individuals can provide valuable insights into one's behavior and emotional patterns.

Self-Check-Ins:

Regular self-assessments help individuals understand their current emotional and physical state.

Therapy and Counseling:

Professional support can offer deeper insights into mental health challenges and provide coping strategies.

Healthy Habits:

Prioritizing sleep, nutrition, and exercise supports overall well-being.

Connecting with Others:

Reaching out to friends, family, or support groups can provide a sense of connection and reduce feelings of isolation.

Exploring Interests:

Engaging in activities that bring joy and relaxation, such as hobbies or spending time in nature, can be beneficial.

Setting Boundaries:

Learning to say "no" and establishing healthy boundaries can help prevent burnout and manage stress.

Celebrating Small Wins:

Acknowledging and appreciating progress, no matter how small, can boost self-esteem and motivation.

Learning Resources:

Exploring resources like the [World Health Organization \(WHO\)](#) [National Institute of Mental Health \(NIMH\)](#) website, [Action for Happiness](#), and [Crisis Text Line](#) can provide valuable information and support.

Youth can enhance their mental and physical well-being by actively engaging in self-care practices and utilizing available resources throughout September and beyond.