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Articles:

What is Self-Care?



Self-Care Interventions for Health

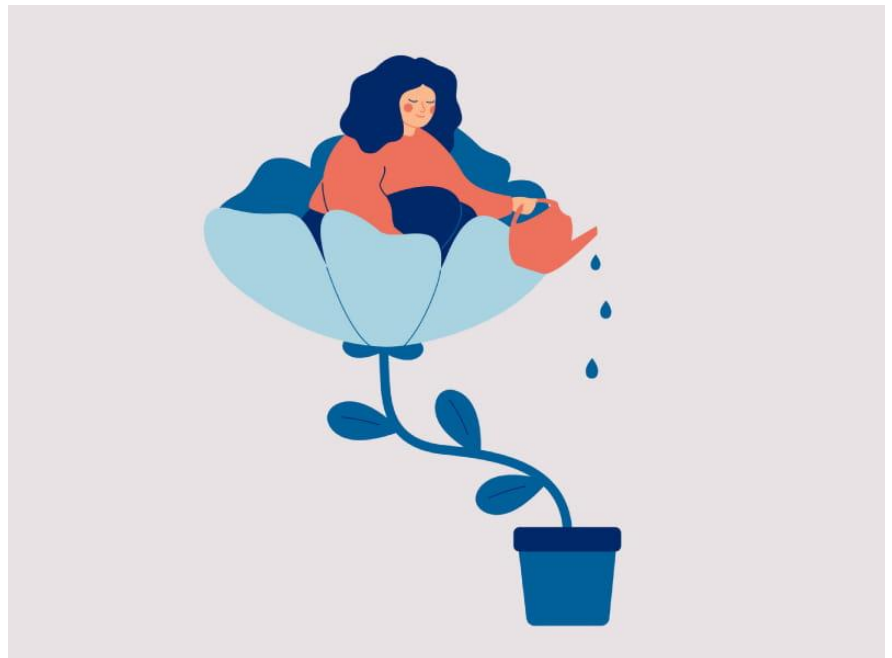


Taking Good Care of Yourself



Substance Misuse Prevention: A Collection of Readings

The Importance of Self-Care



https://www.heart.org/-/media/Images/News/2022/September-2022/0912MHSelfCareChecklist_SC.jpg

Caring for Your Mental Health (NIMH, 2024)

Mental health includes emotional, psychological, and social well-being- all aspects that are important to an individual's overall health and quality of life. Self-care involves taking the time to do things that help you to "live well". Although the outcomes of self-care may be similar, self-care looks different for everyone. Part of self-care is figuring out what you need and finding enjoyable activities to fill those needs. It is important to note that it may take some time and trial and error to find out what works best for you. It is suggested to seek professional help for your mental health if you find yourself experiencing difficulties sleeping, changes in appetite, difficulties getting out of bed, difficulties concentrating, or loss of interest in things you used to find enjoyable (NIMH, 2024).

Myths about Self-Care (My Mind Oasis, 2019)

Self-care is an
indulgence

Self-care is selfish

Self-care is a one-time
experience

Self-care is time
consuming

Types of Self-Care (Walden University, 2024)

1. Physical- nutrition, exercise, sleep
2. Emotional- gratitude, awareness of emotional triggers, journaling
3. Mental- mindfulness, self-talk, therapy
4. Social- healthy boundaries, connection
5. Spiritual- meditation, nature, yoga
6. Intellectual- read, learn, hobbies
7. Environmental- cleanliness, safety
8. Financial- budget, save

SELF-CARE *in 5 minutes*

Self-care doesn't have to be complicated, it can be as simple as completing little tasks so you have time to relax later. So put down that studying for a bit: we've curated a list of self-care tips you can complete in less than five minutes.



make your bed



drink water



light a candle



eat a snack



make plans



listen to music



declutter



watch youtube



doodle



write affirmations

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