



Huron County Board of Mental Health and Addiction Services

2 Oak Street • Norwalk, Ohio 44857 • 419-681-6268

Self-Care

You may be asking yourself, “what is self-care”? Self-care refers to anything you do to improve your wellbeing and overall health. This can include anything from regular exercise to the occasional bubble bath. It is vital to our mental and overall health and, ironically, it’s something we frequently neglect to practice.

Some forms of self-care are incredibly helpful for mental health. Exercise, eating well, and sleeping well, all affect our physical health as well as giving us energy to do what needs to be done every day. Everyone has mental health, so self-care isn’t only for those who struggle with mental illness. It is important that we all take the time to do things for our own well-being because it will refresh and recharge us so that we can feel and be at our best.

Benefits of practicing self-care

Self-care improves our lives in different areas and in different ways, all of which are important to our overall health.

Practicing self-care can have remarkable effects on our self-esteem. When we take care of ourselves, it affirms our self-worth. With regular self-care, our self-awareness is greatly enhanced. Our go-to activities will usually be something that we already enjoy, but it also gives us the opportunity to branch out and try new things. This enables us to figure out what we do and don’t like and, if we discover new interests, it can potentially lead to new passions and goals.

Self-care encourages self-improvement. It promotes rest and relaxation, which benefits our overall health and wellness, and it also promotes healthy relationships. When our self-esteem and self-awareness improves, it has a positive effect on our overall mindset. This, in turn, enables us to care for our friends and loved ones in a way that we might not have been able to do before.

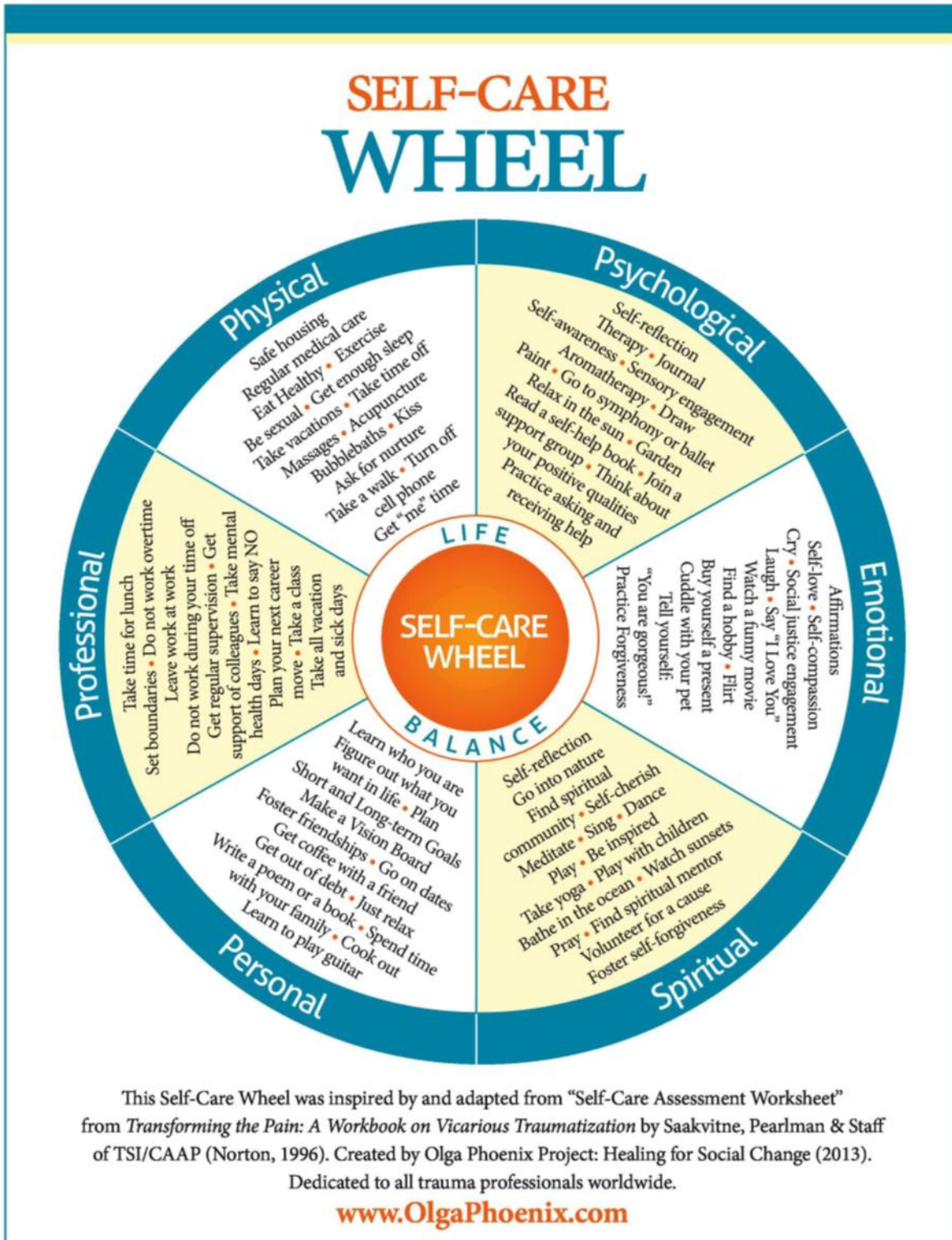
Start today taking care of yourself! Click the link below for a customizable Self-Care Plan created by MHAS.

<http://www.huroncountymhas.org/pics/Final%20Self%20Care%20Plan.pdf>



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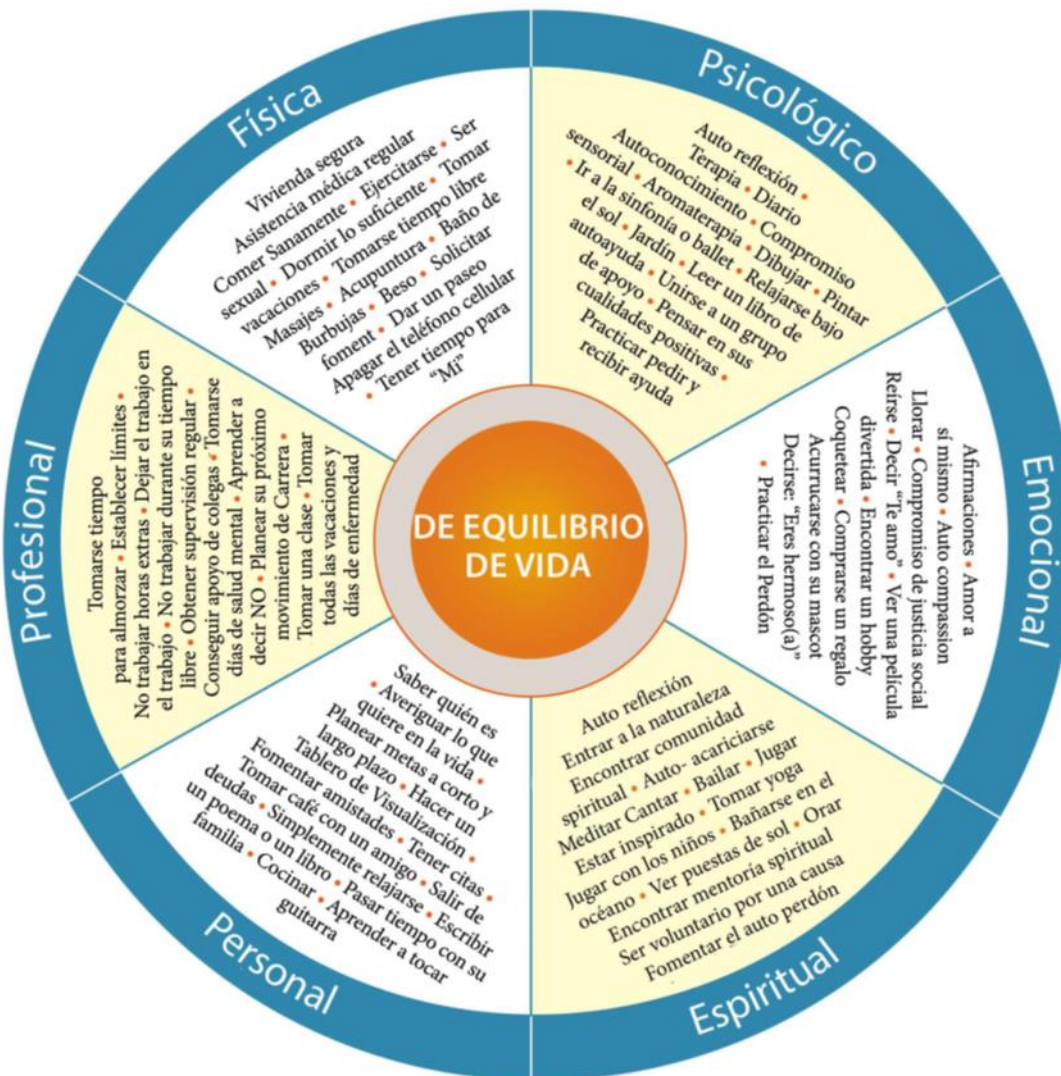




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RUEDA DE AUTOCUIDADO



Esta Rueda de Auto cuidado fue inspirada y adaptada de la „Hoja de Evaluación de Auto cuidado“ de *Transforming the Pain: A Workbook on Vicarious Traumatization* por Saakvitne, Pearlman y personal de TSI/CAAP (Norton, 1996). Creado por Olga Phoenix Project: Healing for Social Change (2013).

Dedicado a todos los profesionales del trauma de todo el mundo.

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