

HEALTH AND MIND
JUNE 2022 NEWSLETTER

SELF-CARE



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-  SELF CARE CHECKLIST
-  SELF-CARE TIPS
-  BOOK RECOMMENDATIONS



Reminder



+ TAKING CARE OF YOURSELF IS THE MOST POWERFUL WAY TO BEGIN TO TAKE CARE OF OTHERS.

JOURNAL PROMPTS BASED ON SELF-CARE:

By Aafrin Ajmal, 11-D

- What drains your energy? Why do you think that is?
- Finish the thought. "I forgive myself for ____"
- List 5 ways you can love yourself more.
- What stresses you out and how can you make it better?



SELF CARE

BY: AKSHAYAA SUBBARAYAN

YOUR
MENTAL
HEALTH
IS A
PRIORITY

SELF CARE *self-compassion*

Self-Compassion is simply providing the same care and kindness to ourselves that we would give to others. The phrase 'self-care' refers to activities and practices that can assist ourselves to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. Every small act of self-care we provide to ourselves tends to provide a significant positive impact to our mental health. When we practice self-care, we produce positive feelings, which boosts motivation and self-esteem leaving us with increased energy to support ourselves as well as our loved ones. Self-care starts with tending to your own needs.

The predominant benefits of self-care includes

- 1) Slowing down makes you more productive
- 2) Self-Care boosts your immune system
- 3) Self-Care improves your self-compassion
- 4) Better equipped to manage stress and improve mental health

SELF-CARE CHECKLIST

- GOOD SLEEP
- EAT HEALTHY
- EXERCISE
- MEDITATE
- TAKE A BATH
- TRY SOMETHING NEW

SELF-CARE IDEAS



TYPES OF SELF-CARE

BY TANISHA



PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self



SPACE
Safety
Healthy living environment
Security and stability
Organized space



FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills



WORK
Time management
Work boundaries
Positive workplace
More learning
Break time



5 MIN SELF-CARE

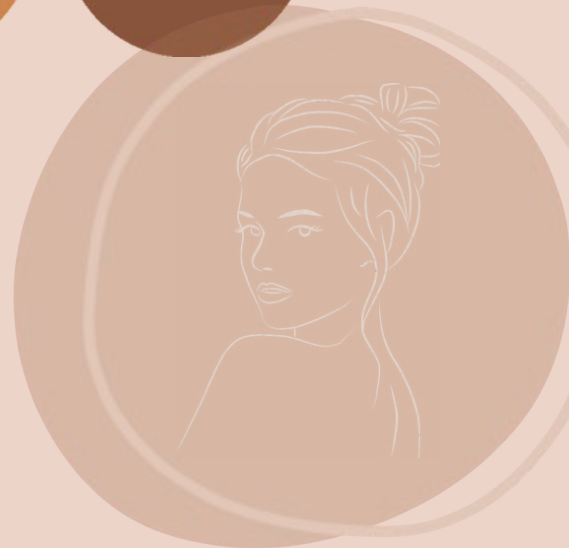
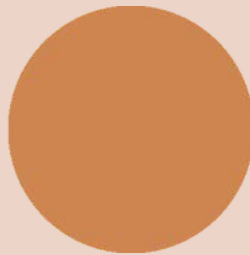
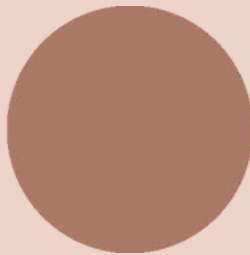
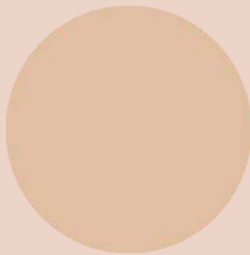
checklist



- TAKE A FEW DEEP BREATHS
- DRINK A GLASS OF WATER
- WRITE DOWN 7 THINGS YOU ARE GRATEFUL FOR
- LIGHT A CANDLE
- MAKE YOURSELF A WARM DRINK
- BRUSH YOUR HAIR
- GRAB A FACE MASK
- FIND FUNNY VIDEOS WITH CUTE ALPACAS
- LISTEN TO YOUR FAVOURITE SONG
- DANCE LIKE CRAZY
- DO SOME STRETCHES
- TAKE A QUICK SHOWER
- SPEND 5 MIN ORGANISING
- WRITE DOWN YOUR GOALS
- TEXT A FRIEND



BY TANISHA



Self-Care is for Everyone

BY TANISHA



5 easy self-care practices

- Give your body enough sleep
- Maintain and clean and healthy diet
- Social Media detox
- Listen to music
- Do things that give you happiness



There is a stigma around self-care that it is only for women, Self-care has been defined as the process of taking care of oneself with behaviours that promote health and active management of illness when it occurs. It means taking care of yourself so that you can be healthy, you can be well, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Although self-care is easy to grasp, it can be harder to implement. When you're used to putting work, family, and friends before your own needs, taking time for your well-being can seem foreign.

There are a lot of misconceptions about what self-care actually is. It's not taking bubble baths or going on long walks alone on the beach contemplating life. Self-care itself is simply the act of caring for yourself. It's a mindset. You have to believe that self-care will benefit you in some way AND that you deserve to prioritize yourself over school, family, friends etc

BOOK RECOMMENDATIONS!

Books recommended By Madeeha Fathma Masood 10B

- Just as You Are
- Rising troublemaker
- Every last word
- The Art Of Being A Brilliant Teenager
- It's OK That You're Not OK
- You Meet You



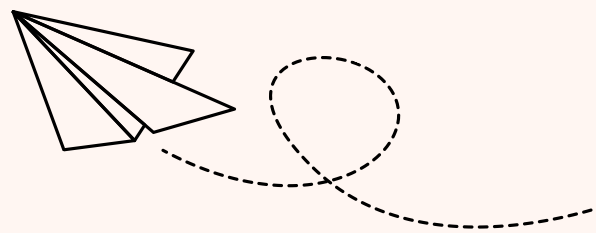
Book recommended By Aafrin Ajmal, 11-D

- -Atomic Habits by James Clear
- -The Universe Has Your Back by Gabrielle Bernstein
- -The Power of a Positive No by William Ury



Books recommended By Maryam, 11D

- Just as you are
- Rising trouble maker
- The teen girl's survival guide
- Fighting Invisible Tigers
- Peace, Love and You





Credits

**JOURNAL PROMPTS BASED ON
SELF-CARE
BY AAFRIN AJMAL**

**SELF CARE BY AKSHAYAA
SUBBARAYAN**

**INFOGRAPHICS AND SELF-CARE
BY TANISHA**

**SELF CARE IS FOR EVERYONE BY
TANISHA**

**BOOK RECOMMENDATIONS BY
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