

YOUTH & SELF CARE

| July Newsletter



Academic excellence, rounding up extracurricular activities and getting into the universities of our choice are some things that we all students are tirelessly working towards.

While trying to achieve this, Students frequently tend to overwork themselves to the point of exhaustion and ignore the consequences it has on their physical and mental health.

This is why we should adopt some self-care practices into our daily routine, but before we dive into some of those practices, **what does self-care exactly mean?**

Self-care means taking the time to take care of yourself so that you can be physically and mentally healthy, which can then enable you to care, love and give compassion to yourself **and** others. Self-care looks different for each person. It could be maintaining a good work and personal balance or prioritizing yourself and your mental health.

With that being said, let us talk about the importance of taking care of our body and some practices that we as students can incorporate into our daily routine to keep our mind and body healthy, while also highlighting some important upcoming dates to remind us all to maintain and work towards improving our health!



INTERNATIONAL SELF CARE DAY



International Self-care Day is celebrated on **July 24th** annually, it serves as an initiative to promote self-care as a premise for complete health and well-being. This date, 24/7 signifies that we must experience the benefits of self-care 24 hours a day, 7 days a week.

Recognizing the importance of self-care, many countries and health unions participate in raising awareness on this day through events, campaigns, and activities.

Educational Campaigns: Educational campaigns are launched to empower people about the importance of self-care and how to incorporate it into their daily lives.

Community support: Events and workshops are organized to provide resources and support for individuals seeking to improve their self-care routines.

Policy Advocacy: Health organizations use this day to advocate for policies that support self-care practices

PRACTICES THAT LINK MENTAL HEALTH WITH SELF CARE:

- Mindfulness and meditation
- Exercise
- Sleep hygiene
- Healthy eating



Despite its importance, self-care is often neglected while managing a hectic schedule, societal norms, and lack of awareness. This neglect may lead to various outcomes:

- Increased stressed
- Unhealthy habits
- Mental health issues
- Decreases productivity

International Self-care Day reminds us of the importance of taking care of ourselves, not just on July 24th, but **every day** moving forward.



SELF CARE PRACTICES AROUND THE WORLD

The meaning of the term 'self-care' may differ from person to person.

For some, it might mean spending quality time with family or friends and engaging in meaningful conversations.

For others, self-care could just be reading a book by themselves.

The essence of self-care is understanding what activities help one feel recharged and happy.

However, the method of doing so can be adjusted according to the individual's needs.



Here are some self-care practices from around the world that can be incorporated into your daily life :

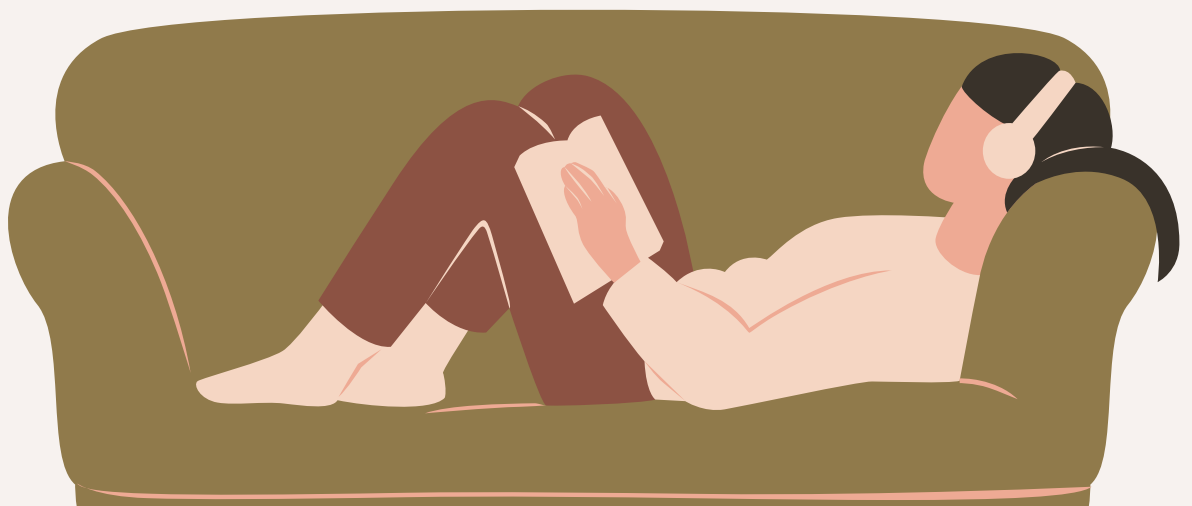
Physical Self-care:

- **Walking (Japan)** : Based on the Japanese concept of "forest bathing" or shinrin-yoku, a short walk can boost your mood and decrease stress.
- **Yoga (India)** : Yoga makes you energized and flexible, it also helps improve your strength. Any daily practice, as short or simple it may be , can make a huge difference.



Mental Self-care:

- **Meditation (Buddhist practices)** : A practice focusing the mind on a particular object, thought, or activity, this helps with clearing the mind and increasing focus. Guided Sessions/ Meditations are a great way to start, they are available on apps like Headspace or Youtube.
- **Gratitude Journaling (USA)** : Writing down what you're grateful for helps maintain a positive mindset. An easy way to start this practice is through the 5-minute gratitude journaling technique.
- **Mid-day Nap (Spain)** : Short power naps let you recharge and improve productivity throughout the day



PRACTICE TIPS FOR STUDENTS:

Establish a daily routine

This can include a healthy sleep schedule, eating healthy and timely or any self-care practices. **Consistency** is key.

Take time to be active

Get some body movement in your day, whether it be a workout or just a short walk.

Good sleep

Make sure to take action so that you get at least seven (optimal eight) hours of good quality sleep each night



Stay in touch

Carve time out of your day for friends and family, be it a text or call.

Limit screen time

Establish screen limits especially before bed to prevent digital fatigue.

INTERNATIONAL YOUTH SKILLS DAY:

The International Youth-Skills Day is celebrated annually on **July 15th** to highlight the importance of instilling in the youth the necessary skill sets they will require throughout their lives.

Team projects and Group work:

Schools often assign group projects that require students to collaborate, delegate tasks, and take on leadership roles to achieve common goals.

Student organizations:

Participation in student councils, clubs, and societies allows young individuals to practice leadership, decision-making, and organizational skills.

Public speaking opportunities:

Class presentations, debates, and speech competitions help students enhance their public speaking and verbal communication abilities

Interactive Learning:

Activities like role-playing, peer discussions, and interactive seminars encourage students to express their ideas and listen to others, promoting effective interpersonal communication.

Education plays an important role in the development of essential skills such as leadership and communication. It provides a structured environment where young people can gain not only academic knowledge but also practical and social skills necessary for personal and professional success.



DEVELOPING PERSONAL AWARENESS

As teenagers, we all have different personalities, different wants and needs, and different ways of showing our emotions.

Finding a way through all of this takes cleverness and tactics, especially if we hope to succeed in life.

Emotional Intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how it affects the people around you.

People with high emotional intelligence are usually successful in the things they do. Why?

Because they make others feel good, when they need help from their teachers, they get it, they go through life much more effortlessly than people who are easily angered or upset.

Having a high Emotional Intelligence can help you **build stronger relationships** with your friends and teachers, help you make decisions, and help you be better to work with a team on school projects.



There are ways you can enhance your emotional intelligence, some of them are to:-

Practice Awareness:

Take time to consider and evaluate your feelings and emotions, to see what triggers them

Ask your friends to give you feedback on how your emotional responses are, you can use this feedback to grow and improve your Emotional Intelligence

Practice Self Regulation:

Practicing mindfulness, which is concentrating on the present and to avoid unnecessary worry about the future, can be done by Meditation and Deep Breathing

Find coping strategies, like going on a walk, talking to your friends or your family, which would help you to handle difficult emotions

Motivation:

A person with High Intelligence is usually motivated, they're willing to avoid immediate results for long-term success

Show Empathy:

It is the ability to understand the wants, needs and viewpoints of those around you

Have social skills:

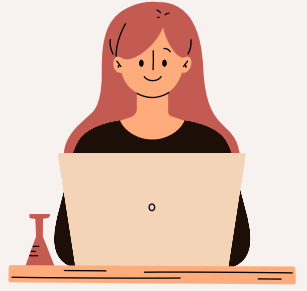
Work on expressing yourself clearly

Build relationships with the people around you, invest time in getting to know them

Handle conflicts by approaching a problem with a solution



RESEARCH PAPER WRITING COMPETITION



It's finally that time of the year again!

The Health and Mind Club is proud to hold its **fourth** annual research paper writing competition.

Looking at the brilliant and innovative drafts we got the last time around, we have enhanced our topics to make them a whole lot more fun and interesting for you guys to write on.

All those who are interested can apply through the urgent information portal. Do it quickly before the time runs out!

On behalf of the health and mind club, we hope you all have a great vacation ahead of you!

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