



Mental Health Matters

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SELF
CARE
ISN'T
SELFISH

April is Stress Awareness Month. There will always be stress, and both good and bad stress affects the mind and body. Practicing good self-care can help to relieve stress, improve concentration, increase motivation, and help you to feel better and healthier overall. Below are some self-care tips to try to implement on a daily basis.

Self-Care Tips

Take time to do something you enjoy.

This could be going for a walk, reading a book, exercising, or just sitting in a quiet place and allowing yourself time to unwind. Give yourself at least 10 minutes a day for this, but do more if you're able.

Take care of your body.

Try to get 8 hours of sleep each night, eat 3 meals a day, and drink plenty of water. It is also important to keep up on personal hygiene by showering, brushing your teeth, and other things that are important but sometimes get put on the back burner.

Practice self-care every day.

Self-care is not something that you do only when you are feeling stressed or unwell. Self-care should be maintained daily in order to keep you feeling good.

Avoid unhealthy or unsafe activities.

Substance use, overeating, and other unhealthy things do not count as self-care. These things cause more problems and stress and should be avoided.

Set boundaries.

If you are feeling overwhelmed or pressured, it is okay to say "no". If you are struggling, it is okay and encouraged that you ask for help!