

TYPES OF SELF-CARE



There has been a lot of talk about self-care lately; its benefits, importance, and even some ideas on what you could do to practice it. However, many people still cannot make time for it.

VeryWell Mind explains, "...many people view self-care as a luxury, rather than a priority. Consequently, they're left overwhelmed, tired, and ill-equipped to handle life's inevitable challenges. It's important to assess how you're caring for yourself in several areas of life to ensure you're caring for your mind, (and) body..."

To shift your mindset from self-care as a luxury to becoming a necessity, understand there are different types of self-care, and each can benefit you differently. On the next page, with help from VeryWell Mind, we explore emotional, mental, physical, and social self-care and how each plays a role in your overall well-being.

FOUR TYPES OF SELF-CARE

1. Emotional

Emotional self-care is about developing healthy coping skills regarding uncomfortable emotions, like anger, sadness, and anxiety. Take the time to acknowledge and express your feelings. Ways of doing this could include talking with a friend about something you're struggling with or setting aside time to sit quietly to allow yourself time to process your emotions.

2. Mental

Because we know the things we think about and the information we gather in our brains significantly affects our psychological well-being, it is vital to take time to practice mental self-care. Mental self-care includes doing things to keep your mind sharp, like reading a book or learning about a new subject. It's also important to focus on practicing self-compassion and being mindful of your inner dialog to promote and maintain the health of your mind.

3. Physical

For physical self-care, remember the mind-body connection. By taking care of your body, you gain emotional and mental benefits. Some great ways to practice physical self-care include drinking plenty of water and being physically active. Don't forget the importance of keeping medical appointments and maintaining open communication with your doctor about your physical health.

4. Social

Socialization is a vital part of self-care. It can be the aspect we neglect when life gets overwhelming. While everyone's need for socialization differs, close connections are essential to well-being. They should be a part of your calendar planning, just like the other self-care needs. Examples are planning a dinner with a friend or taking time to reach out to a loved one with a note or a phone call to show them you are thinking about them.

Now that you understand each type of self-care, you can assess your own needs and determine how much of each type you need in your life. "Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life," **VeryWell Mind** (2022).

WE CAN HELP.

Our program is designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at