

MAKING IT THROUGH

Mental Wellness | Updates | Events

Word Scrabble

Answer key for July's word scrabble from last month's newsletter

- Self esteem
- Respect
- Integrity
- Passive
- Aggressive
- Assertive
- Communicate
- Empathy
- Speaking Skills
- Listening
- Body Language
- Mental Health
- Emotion
- Hierarchy of Needs
- Defense Mechanism
- Mental Disorders
- Depression
- Group Therapy
- Psychotherapy

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National Wellness Month: Your Guide to Self-Care and Stress Management

Did you know that August is National Wellness Month? It is a time dedicated to self-care, stress management, and promoting healthy routines.

First, let's dive into the concept of self-care and how we can incorporate daily practices to maintain our physical and mental well-being. According to the National Institute of Mental Health (NIH), self-care involves taking the time to engage in activities that contribute to a healthy lifestyle and improve both our physical and mental health. It can help us manage stress, reduce the risk of illness, and boost our energy levels.

When we think of self-care, we often envision indulging in experiences like spa days, nail appointments, or weekend getaways. While there is nothing wrong with these activities, they can create a perception that self-care needs to be earned, time-consuming, and financially burdensome. While in reality, self-care should be easily incorporated into our daily routines.

What does your self-care practice look like? How often do you actively engage in it? Is it something you can do consistently, day after day? The truth about self-care is that it is attainable and should be a practice that addresses physical and emotional needs to maintain a healthy and balanced lifestyle.

For me, self-care can range from cuddling up with a warm blanket, enjoying a healthy snack, and watching my favorite cartoons like "Hey Arnold" and "The Flintstones," to having



Resources

Your Healthiest Self: Wellness Tool Kit

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

National Helpline

Treatment referral and information, 24/7.

Are you practicing self-care? Take the Quiz:

<https://theblissfulmind.com/self-care-quiz/>

We would love to hear your results! Don't miss your chance to win a gift card from us...

5 Self-Care Tips for Daily Use

1. Drinking lots of water

The smallest act of self-care that can make a great impact is drinking lots of water every day. Stay hydrated and your body will feel better.

2. Get your sleep

Lack of sleep can lead to a decline in mental and physical health. Commit to getting a full 8 hours of sleep every night as part of self-care.

3. Exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Commit to exercising everyday for better wellness.

4. Try a relaxing activity

Activities like yoga, hiking, reading books, listening to music or painting can improve your mood and are a great commitment to improving your health and wellness.

5. Practice gratitude and positivity

You are what you think. Take time to practice gratitude and positivity when reflecting on life.

meaningful conversations with my therapist or taking a peaceful walk in the park. Research by the American Psychological Association suggests that engaging in self-care activities, such as mindfulness, physical exercise, and healthy eating habits can reduce stress, improve mood, and enhance overall well-being. A study conducted in 2016 on medical students in the United States found that those who practiced self-care reported lower levels of stress and a higher quality of life.

The month of August has 31 days, but your self-care routine, which aims to improve your quality of life, should extend beyond this month. Self-care is a comprehensive practice that caters to the needs of your mind, body, and soul. The Making it Through program invites you to take on the challenge of incorporating one small change into your daily routine that prioritizes and enhances your well-being. It may take some lifestyle changes and shifts in your mindset but join us as we promote and normalize self-care.

Written By - *Tricia Philbert, LCSW*

5 Common Myths about Self-Care

1. Self-care is selfish

Making time for self-care allows you space to restore your energy and center yourself. This enables you to show up more fully as the person you want to be each day for both yourself and for those around you.

2. Self-care is expensive

You don't need to buy a new face cream, book a retreat, or sign up to a yoga studio in order to practice self-care. Simple actions like meditation or getting to bed early can all be low-cost acts of self-care.

3. Self-care is time-consuming

We all feel pushed for time regularly, but you don't need to dedicate a lot of time to a self-care practice for it to be effective. Even micro-moments of self-care practice throughout your day are beneficial.

4. Self-care must be earned

Self-care is a fundamental human right, and it doesn't require you to have had a full and productive day or be on the verge of burnout in order to prioritize it.

5. Self-care is only for women

Despite what common marketing campaigns might have you believe; healthy routines and nurturing activities are gender neutral. They should be prioritized by both men and women.