



Mental Health & Self-Care

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Mental health encompasses emotional, psychological, and social well-being. It affects how we think, feel, and behave in daily life, as well as how we handle stress, relate to others, and make choices.

Self-care involves taking intentional actions to nurture your physical, emotional, and mental well-being.



Mental Health

Mental health is the foundation for emotions, thinking, communication learning, resilience, hope and self-esteem.

VS

Mental Illness

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

Self-Care Defined:

Self-care is the actions and practices that you can take to support your mental health, emotional health, physical health, and overall well-being.

SELF

Self-Care: The Basics

Self-care refers to all the things you do to take care of your physical, mental, and emotional health. Exercising, eating well, getting plenty of sleep, seeing your doctor, and brushing your teeth all count as self-care. Do things like listening to your favorite song to lift your spirits, catching up with a friend, and taking a mental health day when you need it. Recognizing what you need in the moment and taking care of those needs is key to self-care.

CARE



TAKE
CARE OF
YOURSELF



"Self-care isn't a luxury; it's a necessity. By nurturing your mental health, you empower yourself to live a fuller, more balanced life."

- Unknown