

# Moments of Serenity

July 2024

## Self-Care - Why is it important?

Mental health encompasses emotional, psychological, and social well-being, going beyond the mere absence of mental illness. It is crucial for your overall health and well-being. Self-care is instrumental in preserving mental health, aiding in treatment, and facilitating recovery from mental illness. Practicing self-care involves dedicating time to activities that promote a healthy lifestyle and enhance both physical and mental well-being. This practice can assist in stress management, reduce the likelihood of illness, and boost energy levels. Even small self-care gestures in your daily routine can make a significant difference. [https://www.nlm.nih.gov/health/topics/caring-for-your-mental-health#part\\_8444](https://www.nlm.nih.gov/health/topics/caring-for-your-mental-health#part_8444)



## Mindfulness Minute

Practice mindfulness when practicing self-care. Check out some ideas below:

- Unplug from news and social media for a few days, limit access if necessary.
- Prioritize self-care, even if it impacts others, without seeking permission.
- Prepare a personalized self-care checklist in advance for easy access during times of burnout.

Check out the link below for more information:  
<https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/#how>

## Self Care

It is essential to incorporate a diverse range of self-care categories into your routine. Here are the various categories for self-care:

- Mental
- Social
- Spiritual
- Emotional
- Physical
- Professional/Educational
- Financial



## Did You Know?

A national survey of 2000 Americans who integrated self-care into their lives demonstrated the following results:

- 64% - Enhanced self-confidence
- 67% - Increased productivity
- 71% - Increased happiness

<https://www.vagaro.com/news/press-release/survey-finds-three-quarters-of-americans-believe-self-care-activities-provide-stress-relief>

## Company Highlight

### Welcome to Deanna Gill, MS, Associate Therapist

As a counselor valuing empowerment and trauma-informed healing, Deanna specializes in working with clients who have experienced sexual trauma, abuse, and postpartum depression. Her focus is on trauma-informed care for those identifying with victimization and survivorship. She aims to learn from each individual and support their healing journey through therapy.

