SELF CARE IS THE BEST CARE

MENTAL HEALTH OUTREACH

HOSTED BY: THE JACQUELINE SMITH FOUNDATION



THE JACQUELINE SMITH FOUNDATION

WHAT IS SELF CARE

 The act of attending to one's physical or mental health, generally without medical or other professional consultation

 https://www.dictionary.com/browse/selfcare

EXAMPLES OF SELF CARE

PHYSICAL SELF CARE PSYCHOLOGICAL SELF CARE

- I. EAT HEALTHY
- 2. TAKE AVACATION
- 3. BE SEXUAL
- 4. EXERCISE
- 5. GET ENOUGH SLEEP

- I.TRY NEW THINGS
- 2. WRITE IN A JOURNAL
- 3. DECOMPRESS
- **4. SEEK COUNSELING**
- **5. SELF ANALYZATION**

EXAMPLES OF SELF CARE CONT'D

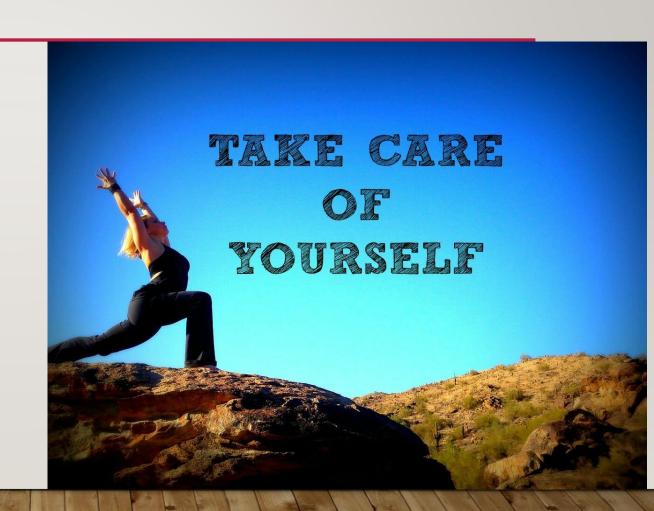
SPIRITUAL CARE

RELATIONSHIP CARE

- I. PRAY
- 2. CONNECT WITH SOMEONE SPIRITUAL
- 3. MEDITATE
- 4. LISTEN TO GOSPEL MUSIC

- I. BE OPEN AND HONEST
- 2.ALLOW TRANSPARENCY
- 3. SPEND TIME WITH LOVE ONES
- 4. REACH OUT TO IMPORTANT PPL

WHAT ARE **WAYSYOU** PROVIDE SELF CARE TO **YOURSELF?**



WHAT IS SELF NEGLECT

- Self-neglect is a behavioral condition in which an individual neglects to attend to their basic needs, such as personal hygiene, appropriate clothing, feeding, or tending appropriately to any medical conditions they have.
- More generally, any lack of self-care in terms of personal health, hygiene and living conditions can be referred to as self-neglect.

https://www.bing.com/search?FORM=SLBRDF&PC=SL06&q=what+is+se lf+neglect

EXAMPLES OF SELF NEGLECT

- I. NEGLECTING PERSONAL HYGIENE;
- A. NOT BATHING
- **B. NOT SHAVING**

F. NOT EATING

G. NOT GOING TO MD

H. NOT TAKING MEDS

- C. NOT COMBING/ BRUSHING HAIR
- D. NOT WEARING DEODORANT
- E. NOT CHANGING CLOTHING

SELF NEGLECT OUTCOMES

- I.NOT
 BATHING/WEARING
 DEODORANT
- GOING TO SMELL
- NO ONE WANTS TO BE AROUND YOU
- LEADING TO DEPRESSION

- 2. NOT SHAVING/ COMBING HAIR
- LOW SELF ESTEEM
 QUESTION SELF WORTH
 SUICIDE TENDENCIES

SELF NEGLECT OUTCOMES CONT'D

- 3. NOT EATING
- MALNUTRITION

• 4. NOT GOING TO MD OR TAKING MEDS

HOSPITALIZATIONS

CAUSE YOU TO HURT OTHERS

• FEEDING TUBES

• GO TO JAIL

• SELF ESTEEM ISSUES

BE AWAY FROM YOUR LOVE ONES

SELF CARE IS THE BEST CARE

- TAKE TIME FOR YOUR SELF (AT LEAST 30 MINUTES OUT OF THE DAY)
- GO TO WAL-MART OR TARGET AND
 WALK AROUND
- GO TO PARK
- GO TO NAIL SHOP
- LISTEN TO MUSIC
- RELAX
- GET A PET

Taking care of your mind & thoughts Taking care of your physical health & body

Self-Care

Increasing your Taking care own well-being through self-of your spiritual care behaviors health Taking care of your emotions

SELF CARE IS NOT SELFISH!!

• GIVE THE **WORLD THE BEST OF YOU, NOT WHATS LEFT OF YOU**

