

SELF CARE IS THE BEST CARE

MENTAL HEALTH OUTREACH

**HOSTED BY: 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/self-care>**

EXAMPLES OF SELF CARE

PHYSICAL SELF CARE

1. EAT HEALTHY
2. TAKE A VACATION
3. BE SEXUAL
4. EXERCISE
5. GET ENOUGH SLEEP

PSYCHOLOGICAL SELF CARE

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

EXAMPLES OF SELF CARE CONT'D

SPIRITUAL CARE

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

RELATIONSHIP CARE

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

WHAT ARE
WAYS YOU
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+self+neglect>



EXAMPLES OF SELF NEGLECT

- **I. NEGLECTING PERSONAL HYGIENE;**
- **A. NOT BATHING**
- **B. NOT SHAVING**
- **C. NOT COMBING/ BRUSHING HAIR**
- **D. NOT WEARING DEODORANT**
- **E. NOT CHANGING CLOTHING**
- **F. NOT EATING**
- **G. NOT GOING TO MD**
- **H. NOT TAKING MEDS**

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**

- **HOSPITALIZATIONS**

- **FEEDING TUBES**

- **SELF ESTEEM ISSUES**

- **4. NOT GOING TO MD OR
TAKING MEDS**

- **CAUSE YOU TO HURT OTHERS**

- **GO TO JAIL**

- **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
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

SELF CARE IS NOT SELFISH!!

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

