

SELF-CARE PRACTICES TO IMPROVE YOUR WELL-BEING

by:
Angela Mathilda G. Banzon

People experience stress when they feel troubled or threatened by life. It can be due to a lot of factors, from our daily challenges like arguments in the family, studying for examinations, and uncertainties about the future, to major threats in our life like when someone did something to you that causes harm to your well-being, financial problems in the family, and violence in the community. We can't eliminate all stressors in our life but we can take care of our minds and bodies to build resilience in order to be better equipped to live our best life.

Practicing Self-care enhances mental, emotional, physical, and spiritual well-being resulting in a well-functioning and balanced individual. It is more than just traveling for vacation, a day at the spa, and applying Korean skincare routines. As stated by Dorociak KE, Rupert PA, Bryant FB, and Zahniser E. (2017), Self-Care is multidimensional and a complex process of purposeful engagement in activities that promote healthy functioning and enhance well-being. It is a conscious act to take care of yourself.

Here are the Six Types of Self-Care According to Planned Parenthood Federation of America, Inc. (2022):

Emotional Self-care is an activity that helps a person connect, process, and reflect on a full range of emotions. Creating art, writing in a journal, and talking to a guidance counselor are some examples of it.

Practical Self-care is the task a person completes that fulfills core aspects of their life in order to prevent future stressful situations. A person can practice practical self-care

by creating a budget, doing school requirements on time, and organizing their school or work schedule to prevent being in a stressful situation.

Physical Self-Care is an activity a person does that improve the well-being of their physical health like sleeping eight hours a day, eating healthy food, and staying hydrated.

Mental Self-Care is an activity that stimulates the mind or the intellect. Reading a book, solving a puzzle, attending training and seminars, and engaging in a meaningful discussion in class are some activities to practice mental self-care.

Social Self-Care is an activity that nurtures and deepens the relationships with people in their life. Some can practice social self-care by watching movies with friends, going on a coffee date with someone, and making time to call their parents.

Spiritual Self Care is an activity that nurtures the spirit and allows the person to think bigger than themselves. Praying, meditation, practicing gratitude, and dedicating time for self-reflection are some ways to practice it.

Practicing self-care is not a selfish thing to do, rather, it is a responsibility that we owe to ourselves. Being healthy physically and mentally will improve one's own functioning and enhance well-being and can enrich how we can interact with other people in our community.

References:

Dorociak KE, Rupert PA, Bryant FB, Zahniser E. Development of a self-care assessment for psychologists. *Journal of Counseling Psychology*. 2017;64(3):325-334.

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Planned Parenthood Federation of America, Inc. (2022):

<https://secure.everyaction.com/p/Pg5bqblugE6-NGId09RIcQ2>