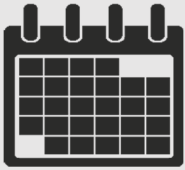


MENTAL HEALTH MOMENT

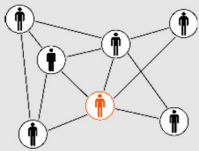
EMOTIONAL SELF-CARE

Emotional Self-Care is as important as Physical Self-Care. Developing these skills is important during the pandemic response. While from an early age people are taught the basics of physical self-care such as brushing teeth, bathing, grooming, etc. emotional self-care often gets neglected or ignored. As a result, we must learn these skills ourselves and practice them in the same way as physical self-care.

Here are some tips:



Routines Do you brush your teeth daily? Comb your hair or bathe? Imagine if you did not do these physical self-care routines? What would you look like? It's the same idea with emotional self-care. Try daily meditation, connecting with your spirituality, a digital detox from devices, mentally transitioning from work to home to adjust to varying demands. What about monthly or yearly routines? Do you have planned vacations, staycations or brief vacations? Remember the key is to have emotional self-care be a routine in our lives. Practice or plan your routines now.



Support System We know in tending to our physical self-care it is helpful to have people in our life who have taught us the skills, reinforced using skills and avoiding people who harm us. It is the same in emotional self-care. Ask yourself: Who in my life supports my emotional self-care? What activities in my life support my mental well-being? Are there toxic relationships I need to resolve? The key is to identify & develop positive support for your emotional well-being? Note: Seeing a therapist is a great way to start if you feel stuck or isolated.



Peer Support Effective emotional self-care involves seeking *peer support*. A "peer" could be a work cohort, someone who does the same job as you but for another company, a person who shares the same role as you or a person that shares the same interest, values or beliefs. Sharing a personal struggle with someone who does the work you do or serves the same role is the opportunity to receive understanding by someone who "has walked in your shoes" and could understand the emotional pressures of being a supervisor, teacher, single parent, first responder, etc.



Exercise Any effective emotional self-care plan must include exercise. We carry our stress physically and must release it physically to avoid continuing to carry it with us. The key to using exercise is about how we emotionally focus when exercising. Walk for a half hour each day and when you walk make sure to focus on the moment by counting your steps, focusing on your breathing or noticing your surroundings. Get in the moment. Join a yoga class which helps teach exercise with an emotional self-care focus. Simply breathe in slowly and exhale slowly. Start small but get started!

Struggling making emotional self-care a part of your life? You are not alone. Few of us were taught these skills. Professional counseling can help. Call, email or go online today to set an appointment.

Telephone counseling is now available statewide

To schedule private and confidential counseling sessions:



1 800 342 5653



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