

Transforming Mental Health Initiative's Health and Mental Wellness

Take Time For Yourself

Accept yourself as you are. Remember that you are running your own race. Try not to compare your life and what it looks like right now to anyone else's. Try your best to accept the person that you are and where you are in life right now.

Focus on the basics. Sometimes it can feel impossible to get even the littlest things done. Taking time for yourself doesn't necessarily mean treating yourself to special things. One of the most important things you can do is focus on steps to ensure you're living a healthy lifestyle. Shower and brush your teeth every day, eat nutrient-rich food, move your body and exercise, and get good sleep—these are all building blocks of good self-care.

Find what makes you happy. Take time to think about what things you can do to make yourself feel happy or accomplished and include them in building the self-care routine that makes the most sense for you and your health overall.

Practice self-compassion. Take time to care for yourself in a way that is meaningful to you and practice gratitude in your day to day life. One great way to practice self-compassion is using a gratitude journal to write down a few things that you are thankful for each day. You may also choose to create a self-compassion affirmation, a statement, or listen to meditation, write a letter, or physically hold your heart, rock your body, give yourself a hug. Give yourself the love, comfort, care and kindness you deserve.

Practice mindfulness. Mindfulness is a great way to care for yourself. Take a few slow, deep breaths, focus on each of your senses, and try to be fully present in whatever you're doing. Not only does mindfulness reduce stress, it also has the power to help you slow down and really take care of yourself — even in the midst of all of life's challenges and responsibilities.

Make small goals. Unfortunately, taking time for yourself doesn't just happen overnight, so be patient. Set small goals that you want to accomplish for yourself. Focus on small, daily tasks like wanting to take a 15-minute walk outside each day, or journaling for 10 minutes every night — rather than a complete overhaul of your life, all at once.

Remember that you are not alone. Everyone struggles to take time for themselves, so try not to get down on yourself for not having everything perfectly balanced all of the time. There will always be people that understand where you're coming from and are willing to help. Ask a trusted adult, like your doctor, for help. They may even be able to share how they manage self-care and take time for their own well-being. Start seeing the experience of yourself or others as part of the larger human experience.



Source:
The Mental Health America
2021 Tools2Thrive Toolkit/
Adapted

Resources

Podcasts:

- * [How Do I Love Myself](#)
- * [How Do I Find Balance in My Life](#)

Articles:

- * [6 Ways to Practice Self-Compassion](#)

Webinar:

- * [Cultivating Gratitude To Support Wellbeing](#)

Worksheets:

- * [Self-Care Checkup](#)
- * [Daily Wellness Chart](#)

<http://mhasd.org/resources/>



Scan this QR code with your smart phone to access the above resources.

Need help?

[Crisis Text Line](#) – Text NAMI to 741-741 Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255) If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free Lifeline at 800-273-TALK (8255) to speak with a trained crisis counselor 24/7.

→ [The National Suicide Prevention Lifeline](#) connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

[Rady Children’s Hospital Emergency Department](#) – It is located on the first floor at 3020 Children’s Way, San Diego, CA 92123

[Rady Children’s Behavioral Health Urgent Care](#) – Call 858-966-5484. It is located at 4305 University Avenue, Suite 150, San Diego, CA 92105.

[Smart Care/Behavioral Health Consultative Service](#) – Call 858-956-5901.

[2-1-1 San Diego](#) – Call 211 or visit the website at www.211sandiego.org.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233) Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673) Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at [Online Hotline](#). Free help, 24/7.

[Remember that you can always talk with your doctor.](#)

On average, people only spend 15 minutes a day on health-related self-care.¹

Self-care is proven to reduce stress and anxiety levels while increasing self-compassion.²



Transforming
Mental Health

Sources

1. Yaribeygi, H., Panahi, Y., Sahraei, H., Johnston, T. P., & Sahebkar, A. (2017). The impact of stress on body function: A review. *EXCLI journal*, 16, 1057–1072. <https://doi.org/10.17179/excli2017-480>

2. Shapiro, S., Brown, K., & Biegel, G. (2007). Teaching Self-Care to Caregivers: Effects of Mindfulness-Based Stress Reduction on the Mental Health of Therapists in Training. *Training and Education in Professional Psychology*, 1(2), 105–115. <https://doi.org/10.1037/1931-3918.1.2.105>