



**TEAM HEGIRA
HEALTH PRESENTS
7 PILLARS OF SELF-CARE**

MENTAL WELLNESS TIPS

WITH SELF-CARE JOURNALING PROMPTS

Emotional Self-Care

I make sure to take time to step away from whatever is causing my mental health to decline.

Long bath with my spa and candles at home

Listening to music, walking, lighting candles, reading books, and go out twice a month.



I take what I call a "Parental time-out." I block out 1 hour every day TO DO ME! I might do a facial and wax, take a nap, turn some music up while loudly rapping and singing while dancing (we call it turn-up time). During that time I may not do anything. I'm still available and present for my daughter. I explain to her that mommies like to have fun, act silly, and do absolutely nothing. I teach her that if I work hard, its important for me to have a lot of fun too!! I do at times invite her to watch a movie, sometimes it's just about enjoying thoughtless pleasure and creating memories.



I take time to do things that bring me joy and that do not involve stress.

Scheduling time to spend on my own and also enjoying spending time with my family.

WHAT DO YOU DO FOR EMOTIONAL SELF-CARE?

I take a walk 1.2 mile walk 3x weekly with my dog to help with stress, as well as with physical health. Also working toward the goal of more rest than in the past.

I have been through a lot of trauma in my life, and this year I have decided it was time to rid my life of toxic, negative people and behavior's. I have been my own worst enemy for a long time, and it is time to start loving me. Everyday I am working towards keeping a positive mindset and planning for the future.

When I begin to feel stresses or over whelmed I take a friday or monday off and use two of those days to do absolutely nothing

I make sure to give myself time to decompress and recharge so I'm never taking my stress our on others. I will read, drink tea, do my nails, take a hot bath, go for a walk, or relax and watch a comforting show. I try to incorporate at least some self-care in my day to day even if it's small, like a quick stretch. I find it can do wonders for my mental health and stress levels.



HOW CAN YOU START?

Social Self-Care



I like to spend time with my family and read.

I pet my cats and spend time with loved ones

Go to dinner with friends, travel, read, garden, attend group support meetings, write/reflect, go to the movies, play cards, dance/listen to music

I go to the gym, read, movies, and plays.

I spend time with friends and family.

I went to Mexico last June for a week with my son and met some friends there. I am planning a trip to Florida with friends.

Get a pedicure, talk to friends and spend time watching my favorite tv shows.

Daily I play with my dog for about an hour; Weekly or Biweekly I schedule time to hang out with my friends or family for a special dinner and lots of chatting.

I plan a roadtrip with my bestfriend (twin sister Carlette Falconer) and we go to new places and try new foods and scenery. Our new spot is Frankenmuth, simply amazing.

Decompress on my drive home from work with no radio and just process my day. This helps keep work at work and I can enjoy being home with my family. I also play hockey 2 days per week, for exercise and to spend time with friends.

WHAT DO YOU DO FOR SOCIAL SELF-CARE?

Intellectual Self-Care

Reading or listening to audiobooks.

Reading - I love decompressing at the end of the day by getting lost in a good book.

I sleep, watch movies/television shows, exercise, get my nails done, and spend time with my family.

Read books

I like puzzles, yoga and reading a good book.

Regularly I workout at home or at the gym, play or perform music, and take my wife out for date nights. I enjoy hiking and biking. I read comic books and I have a therapist I talk to at least once a month.

I exercise, read, prep meals for myself, & listen to music.

books and tv!

Reading



WHAT DO YOU DO FOR INTELLECTUAL SELF-CARE?

Spiritual Self-Care



Reflective journaling, movement / exercise, doing something just for the fun of it

I try to journal at least once a week or definitely on days that stress me out just to get the thought out & it usually helps me feel better. I also try to pamper myself as often as i can a hair day, nail day or even just a day to sleep can do a lot for your mental.

I pray daily and read my Bible, eat regularly and I make sure I get enough rest at night. I also spend time with my child watching a movie or TV show.

Start my day with a meditation or motivational speaker, take a moment to observe nature each day, redirecting my efforts from doing to being.

Prayer and meditation time, spend quality time with family, read a book, journal.



WHAT DO YOU DO FOR SPIRITUAL SELF-CARE?



I do quite a few things. I go to therapy and take my meds. I exercise a few times a week. Massages and pedicures. I read most every night and i get good sleep. Lastly I love myself. It was once impossible. Now it is easy.

Exercise, annual medical checkups, listening to my body, spirituality, listening to gospel music, family time out, inspirational messages.

Do things I enjoy regularly: thrift, organize, cook a new recipe, play with my dogs, work on a puzzle, listen to a podcast, go for a walk, donate to a nonprofit, use a face mask, drink ample water, spray tan, open shades for my house plants, get more house plants, feed the birds, go to Matari in Canton and get Adeni Tea. Stick with annual traditions: visit to Inspired Respite, Girls Weekend, and go to the Memorial Day Parade.

I work on myself internally. I see an amazing therapist often, church on Sundays, and I read my Bible throughout the week. Doing these things gives me more peace stability. I like to allow myself self-care days: soaking my feet, doing my own mani/pedis and hair. It gives me a feeling of independence.

During the week at work I take 5 minutes every hour to refresh myself, I do lots of praying and walk to release tension.

HOW CAN YOU START?

Physical Self-Care

Go to the gym 2x/week, walk my dog, eat fruits and vegetables, and get plenty of sleep.

I started doing a cardio workout 3x/week, taking omega-3 & fish oil supplements, and keeping my sugar and alcohol intake down.



Working Out/ Massages

Eat healthy, take quick trips when possible, daily mindful breathing, walk.

monthly massages,
weekly chiropractor

I will go to get a massage or a pedicure. That time away from everyone just to regroup and relax.

Exercise, walking, reading

Healthy eating, adequate sleep and making sure that steps are put in for the day

I'm taking care of myself by walking, exercising at the gym (the HHI Wellness program covers gym expenses), and following a diet. I have lost 20-lbs since October 2023. This routine is also benefiting my mental health.

WHAT DO YOU DO FOR PHYSICAL SELF-CARE?

What you put into your body (what you eat) contributes to your overall health, not just physical but mental, spiritual, and emotional as well

Work out in the morning, stepping, dancing, crunches, squats, and praying.

Healthy eating, adequate sleep and making sure that steps are put in for the day.

Rest. I schedule and plan times to rest.

Exercise, walking, reading *Joined Weight Watchers, started step workouts, practicing self care.*

Workout

I go to LA Fitness at least 2x/week. I take vacations at least once a year. If I cant take a lot of time, I take PTO and get a Airbnb for a couple of days.



I treat my meals like they are special, every day. I prepare and serve meals like I would see in a nice restaurant, using nice dishes & presentation, even for lunches I bring to work

Workout

**WORKOUT
AND YOGA
CLASSES**

HOW CAN YOU START?

Mental Self-Care



I don't over commit my time and schedule time for myself to do whatever I want. Usually includes getting my nails done, shopping, therapy, or bubble baths.

Everyday I try to incorporate one of my favorite things. If I'm not sure what to wear, I'll go for my favorite sweater. Or if I'm eating out for lunch, why not get my favorite meal? It gives me something to look forward to or as a reward.

Mindfulness meditation, see my therapist, use my depression lamp, stay hydrated, journal.

Quietly meditating, getting in tune with how I'm feeling, and disconnecting from technology with a warm cup of tea.

I set boundaries and say no when needed; I schedule massages and get mani/pedis; I go to the movies a lot, and I listen to music.

WHAT DO YOU DO FOR MENTAL SELF-CARE?

I make sure to take time to do my favorite things at least once a week.

Walking, Journaling (52 Lists for Calm)

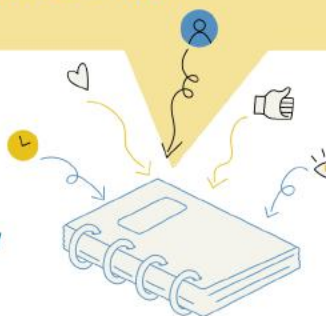
Meditation, good sleep, and sometimes therapy.

Resting when needed. Therapy every two weeks does wonders!

I do five minutes of mindfulness meditation daily, workout at least six days a week, eat a balanced meal, and engage in hobbies and interests. I establish and enforce boundaries and have a strict skincare routine.



Yoga, massages, baking, manicures, and pedicures.



Yoga, self-care, showers and face masks, getting enough sleep at night, and making sure to do a fun activity on the weekend.

I set boundaries and say no when needed; I schedule massages and get mani/pedis; I go to the movies a lot, and I listen to music.

Hard no work boundaries when I am off. Quality time spent with my family. Regular spa appointments. Deep breathing.

HOW CAN YOU START?

Sensory Self-Care



**I USE EAR PLUGS TO
CANCEL OUT ALL SOUNDS
AND HAVE TIME TO CENTER.**

I enjoy painting or listening to music

Try to schedule at least one day of PTO a month to shop or go to brunch; do something creative like crafts/sewing, and organize different areas of home

**Taking time
to draw!**

**I sing really loud to heavy metal music to get out
all my frustrations, when I am in my car alone.**



On a drive I listen to movie soundtracks. I allow myself one night per week to unwind by hitting the gym, treating myself to a good clean meal at a restaurant or take-out, get cleaned up and binge watch something mindlessly entertaining to give my mind a break and usually fall asleep before the last episode ends.

WHAT DO YOU DO FOR SENSORY SELF-CARE?

I watch road trips on YouTube it is so relaxing to sit in my comfy chair and enjoy the ride through the mountains of Colorado, Montana or North Dakota. And I didn't have to leave my home to enjoy.



Breathing

I am making sure I do not spread myself thin, learning to say no to some of the places I volunteer at and also making sure I have quiet time for myself everyday to assist in processing everything I need to. I have been trying to take more nature walks and enjoy every detail about them, they are so peaceful.

I sit in my car & listen to nature

**Resting when needed.
Therapy every two weeks does wonders!**

I do bean soup with shop ham on days I work late for high source of protein, blueberries for snack, 15 min each day in a quiet space. No talking music, TV, or phone.

Doing art, spending time with my dog, making sure to exercise and eat nutritious food and drink water, cleaning my living space, meditation

HOW CAN YOU START?

SELF CARE
IS A
PRIORITY AND
Necessity
NOT A
LUXURY

Thank you for your submission!

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Take care of yourselves.



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HEALTH, INC.**
Wellness First

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