

SELF CARE

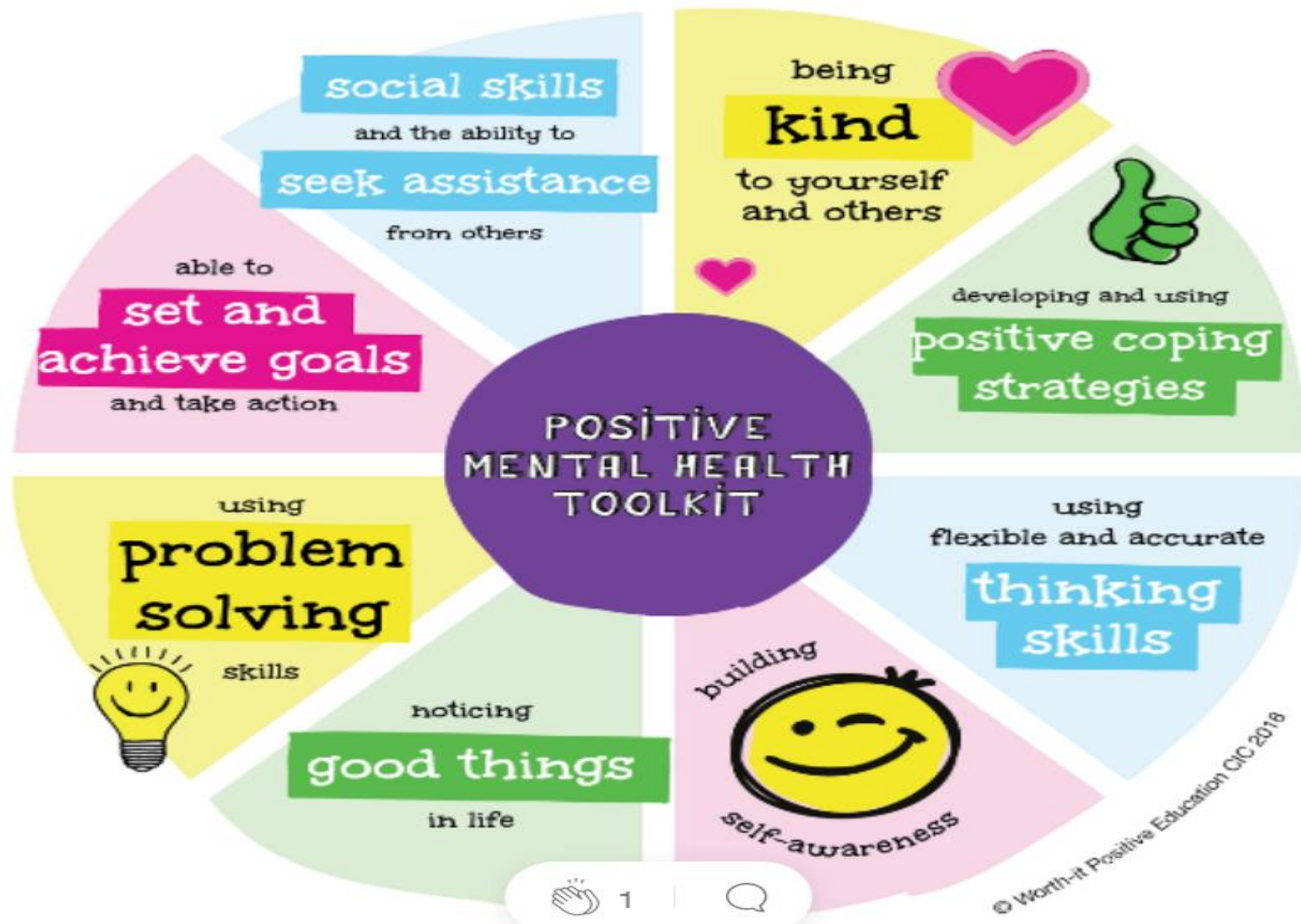
MENTAL WELL BEING

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The why?

To reduce stress

- Creating daily practice to maintain a sense of well being, calm and focus
- To improve work, school and home experience
- To prevent burn out
- To improve awareness
- To attend to ones holistic well being
- To promote responsible caring



What is mental health selfcare

- Pincus (2006) defined selfcare as what one does to improve the sense of wellbeing.
- “How one obtains positive rather than negative life outcomes” (2006)
- Others refer to self care as professional development, that are often found in a persons work experience, spiritual experiences and physical activity
- Physical activity components of self care incorporate physical activity to deal with stress.
- Psychological self care refers to seeking personal counseling to deal with distress.
- Spiritual self care generally describes a sense of purpose and meaning of life connections that include religion or behaviors that may include mediation
- Self awareness and mindfulness

Pincus, J. (2006, November). Teaching self-care. Paper presented at the meeting of the Pennsylvania Psychological Association on the Ethics Educators Conference, Hardsburg, PA.

Some facts

- Approximately one in four adults over the age of 18 in the U.S. suffers from a diagnosable mental disorder in a given year.
- For many students, this is their first time living away from home. However, this independence comes with new opportunities, challenges, and responsibilities. While this is an exciting time for some college students, it can be daunting for students dealing.
- Prioritizing mental well being has proven to be a necessity during the coronavirus outbreak. Campus mental health services are available to help mental well-being

Retrieved from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

Ways that college students can manage mental well being

- Take care of health and well-being
 - Time management
 - Keep track of mental health concerns
 - Surround yourself with good people (even if it's virtually)
 - Practice mindfulness
 - Avoid drug and alcohol use
 - Find ways to get involved
 - Utilize mental health services when needed
- Harris, B. R., Maher, B. M., & Wentworth, L. (2022). Optimizing Efforts to Promote Mental Health on College and University Campuses: Recommendations to Facilitate Usage of Services, Resources, and Supports. *The journal of behavioral health services & research*, 49(2), 252–258. <https://doi.org/10.1007/s11414-021-09780->

BENEFITS

- Decreasing burnout to prevent a poor quality of life
- Improving and maintain health physically & psychologically health
- Decrease health issues related to stress and depression



Emotional Self-Care: An Intentional Way of Living....



The challenge

During the coming week think about how you address Mental health self care

What will you do???

