



UNIVERSITY OF EMBU

Mental Health Awareness

Strategies for Self-Care

Department of Health Services

University of Embu



Good Mental Health and wellbeing allows us to live our lives in a positive and meaningful way and cope with life's changes and challenges. This is why it's important we look after our physical and mental health so that we can keep on top of things during stressful times.

Recognizing what works for *YOU* is the most important thing to ensure that you're really looking after yourself. What works for one person in the form of self-care might not work for the next person. In short, it's important to be aware of your own needs.



Useful self-care tips that one can adopt

1. Think of yourself as your own best friend. Be kind to yourself. Encouraging and rewarding yourself for getting through a difficult period or achieving a goal, however small, will reinforce your self confidence. Try to be as positive and compassionate towards yourself as much as you can.
2. Get regular exercise. This one really helps with reducing stress levels and to improve your health. Get an exercise activity that you enjoy doing with your friends or alone. Try aiming for 30 minutes a day, even a 30 minutes walk will benefit you.



3. Eat and maintain a balanced diet. Eat nutritious foods as this helps with energy levels and stress management. Try to avoid too much caffeine and sugar – it may help you feel more energized in the short term but it can have negative effects in the long term.

4. Ask for help and accept it when it is offered. This one may seem tricky, however no one expects you to deal with whatever is going on in your life alone. If you're experiencing stress or worry it can help to talk to someone about it. Whether that be a friend, family member, your doctor or a counsellor.



5. Connect regularly with family and friends and do things together that both of you enjoy.

6. Plan something to look forward to, whether that be a trip with your mates or an outing – even a holiday.

7. Try to spend some quality time for yourself, away from the usual demands, even if it's just 30 minutes a day. Go for a walk, swimming, reading a book or meditating, singing, dancing.



8. Get good quality sleep and hop into a routine. We're on our phones so much, especially in the evening however try to switch off your electronics at least an hour before going to bed so that you can wind down.

9. Practice regular relaxation. Try to squeeze in some meditation before starting your day. Try to visualize a safe, peaceful space in your mind. e.g. a nature trail, waterfall.

10. Regularly engage in an activity that you find relaxing. Set aside a little time every day to do something that you really enjoy .e.g. Engaging in sports, listening to music, going for a walk. Schedule it into your daily routine so that it becomes a natural part of your life.



NB: For Good Mental health and stability, learn and practice how to take care of self before bringing family and friends on board.

If you feel;...

A. Overwhelmed- Go for a 30 minutes walk.

B. Anxious- Take deep breathes and stretch your body.

C. Lonely- Call or visit someone and engage them in a random conversation.

D. Inadequate and frustrated- Remind yourself of your strengths.



NB: If it becomes too much to handle , always seek for professional help.

Helpline Contacts:

Department of Health Services- 0795188740.

University Counsellor- 0740428343.



Thank You and Stay Safe