

# San Benito County Behavioral Health

Mental Health Awareness Month  
Third Webinar

—

Topic: Mental Health & Self-Care



# What you will learn

- What Mental Health is
- What self-care is
- Why self-care is important to my Mental Health
- How to take care of yourself:
  - Building a self-care plan
- When you should practice self-care



# What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood through adulthood.

Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a serious mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

It's important to remember that a person's mental health can change over time, depending on many factors. Self-care can provide one with healthy coping abilities to better manage symptoms.

# What exactly is Self-care?

Just as the name implies, self-care is the act of caring for oneself. How are you doing emotionally, physically, mentally, spiritually?

If you're not functioning well in one of these areas, self-care is doing whatever you need to do to recharge yourself and avoid burnout. Self-care is strengthening your endurance as you go about your life, which means it's more than just relaxing.

# Why is Self-Care important to my Mental Health?

Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. When you're struggling with a mental illness, there will be times when everything feels like it's too much to handle. There will be days, weeks, maybe even months, where you struggle just to get out of bed and make it through the day. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer.

# Building A Self-Care Plan

- Emotional Plans:
  - Talk to someone
  - Journal
  - Read
  - Listen to music
  - Work out
  - Take a walk
  - Positive self-reflection
- Social Plans:
  - Meet up with friends and family
  - Volunteer
  - Get outdoors
  - Engage in healthy social skills with others.

# Continued: Building A Self-Care Plan

- Spiritual Plans:
  - Meditate
  - Self-reflect
  - Engage in yoga
  - Be mindful
  - Love yourself
  - Help those in need
- Environmental Plans:
  - Take a walk
  - Breathe in fresh air
  - Enjoy the sun
  - Enjoy the night sky
  - Clean your house
  - Redesign a room.

# Continued: Building A Self-Care Plan

- Physical Plans:
  - Work out daily
  - Take a walk
  - Eat healthy
  - Get your annual checkup
  - Take medications as prescribed
  - Get 7-9 hours of sleep
  - See the physician when you do not feel well.





# When should you practice Self-Care?

The answer is...

**EVERYDAY!**

No matter which approach you choose, the goal is to figure out which self-care strategies work best for you, learn how to use these strategies, and implement them in your regular routine so you can boost your well-being not only today but forever. Self-care is an important activity to do every day. Doing so will lead toward a better balance among your dimensions of wellness and lead toward improved mental health, physical health, energy, and wellness.

Remember that self-care is all about you. What works for one person may not work for another, but that's the beauty of a self-care routine.

# Resources

- **San Benito County Behavioral Health Department**  
1131 San Felipe Road  
Hollister, CA. 95023  
831-636-4020  
[Cosb.us/departments/behavioral-health](http://Cosb.us/departments/behavioral-health)
- **24/7 Crisis Phone Line**  
888-636-4020
- **Pandemic related stress/anxiety warmline**  
833-317-HOPE
- **National Suicide Hotline**  
800-273-8255

