

Self-Help & Self-Care Awareness

Practicing regular self-care can help improve whole body health, including mental wellness.

1 Introduction

The importance of self-help and self-care has grown in recognition over the past twenty years as individuals have been subjected to more stressful environments. It has been increasingly clear that people have been neglecting their own individual needs to meet the needs of pressures from work, school, family, friends, and beyond. As the demand on people increases, our ability to recognize and solution for our self, decreases. This gap creates instability in an individual's well-being and can cause even more problems the longer it goes unrecognized.

2 Self-Help

Self-help can be something that is difficult for individuals to embrace. Often people may feel like getting help for a particular reason means that they are incapable of handling it on their own. What individuals need to accept is that it is okay to ask for help. Someone may seek help for addiction, mental illness, coping, or even with just adapting to a lifestyle change. Self-help gives individuals the opportunity to better themselves, so they may have a better life and future.

Society pressures may cause people to be unsure about getting help and seeking guidance. These negative influences lead to people not receiving the attention they need and it can cause life-long harm.

3 Self-Care

Self-care is just as important as self-help and has similar life-long benefits. Self-care can include proper diet, exercise, or simply occasional rest and relaxation. It is important to be aware of what our body needs to be healthy in order to have the best chances of living a full life. Everything from dental health, vision care, and physicals; to good hygiene, promotes self-care. You only have one body and it is important to treat it well and to the best of your ability.

4 Resources

There are an abundance of resources that support self-help and self-care that offer guidance to someone looking to take better care of their mind and body. Books, groups, blogs, articles, magazines, physicians, and more can help in any self-help/care journey. Determine what area(s) you may want to focus on and find options tailored to that goal. Find friends and family that support your goals, or even have common ones. A good support system is the ultimate resource to achieving success.

Did you know?

70% of self-help consumers are women

For more information on self-help & self-care, please visit <https://wholefully.com/wellness/self-care/>

References:

<https://www.mentalhelp.net/self-help/benefits/>

<https://www.psychologytoday.com/us/basics/self-help>