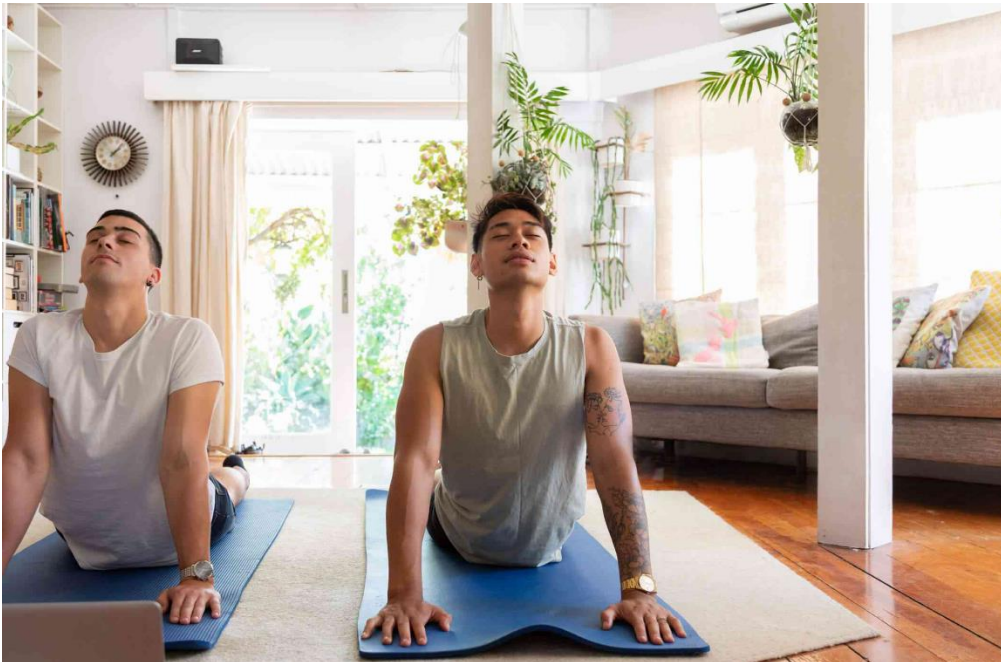




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What is mental self_care?



When you care for yourself on your own time, you practice self-care. Self-care can be practiced daily and may help you focus on personal growth and your path to emotional wellness. Emotional wellness activities might involve taking a walk or eating your favorite food for lunch.

Simple and unique daily self-care activities

As much as you want to practice self-care, it may sometimes be overwhelming. You might already have a routine or activities you've used to improve your life but feel bored or unsatisfied. If that's the case for you, there are a few unique ways you might care for yourself and others. You don't have



to “go all out” on self-care. Some people benefit from minor daily changes, like 10 minutes of meditation a day, which has been proven beneficial.

Daily self-care activities

Incorporating daily self-care activities into your routine can significantly enhance your overall well-being. These practices not only help reduce stress but also promote personal growth and emotional resilience. Below are some simple yet effective ideas you can implement each day to boost your mental and emotional health.

Give a gift

People often value generosity, which can be included in a self-care routine. Making a gift for yourself or someone you love is one way to practice this skill. You can gift yourself a new item of clothing or a favorite dessert to celebrate the steps you take to care for yourself each day. Reminding yourself that life is not necessarily about working to make money may help you reduce stress and appreciate all you do daily.

Research has also shown that people who spend money or give gifts to others report more happiness than when spending money on themselves. In addition, you don't necessarily have to spend money to give someone a gift. If you want to make someone's day without spending money, consider writing them a letter and sending it with pressed flowers or your drawings.

Society in the 21st century often focuses on electronic communications, including instant messaging and social media, to communicate with others

immediately. Writing letters is rarer, and your friend may be surprised to see one in the mail. Gift-giving to yourself or others may increase moments of joy in your life.

Dr.Gohari, Clinical psychologist