



# MENTAL HEALTH & SELF-CARE

Taking Care of Your Mind Is Just as Important as Taking Care of Your Body

## What Is Mental Health?

Mental health includes our thoughts, feelings, behaviors, ability to cope with stress, and ability to connect with others. Good mental health does not mean you feel happy all the time – it means you have healthy ways to handle life's ups and downs.

## What Is Self-Care?

Self-care is the daily practice of taking care of your mind, body, emotions, and spirit. It is not selfish— it is necessary.

## Simple Ways to Practice Self-Care



- **For Your Mind:** Take breaks, limit social media, practice deep breathing, journal your thoughts.
- **For Your Emotions:** Talk to someone you trust, name your feelings, allow yourself to rest, practice gratitude.
- **For Your Body:** Move daily, drink water, get enough sleep, eat nourishing foods.
- **For Your Spirit:** Spend time in nature, pray or meditate, practice family or cultural traditions, do something meaningful.

## Signs You May Need Extra Support

- Feeling sad or anxious most days
- Trouble sleeping or eating
- Losing interest in things you enjoy
- Feeling overwhelmed or hopeless
- Withdrawing from others



Reaching out for help is a sign of strength. You deserve care. You deserve rest. You deserve support. Taking care of yourself allows you to show up stronger for your family, your community, and your future.

If you have any questions, or would like to discuss this further please contact

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