



Self-care
is necessary

Photo by Judy Stoffel Löwen makeroomforbliss.com



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Emotional Self-Care

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- ▶ As much as it is important that we take care of our physical needs, it is equally important that we take care of our emotional needs as well. Here are some ways in which we can take care of our emotions.
- ▶ Be mindful
- ▶ If only for a moment, try to leave the judgment of the past, and the worries of the future. Focus on the present moment. It's as simple as that!

Emotional Self-Care (continued)

- ▶ Abstain From Self-Judgment
- ▶ It is so easy to constantly criticize ourselves. Our lives haven't been easy on us. Our communities, and sometimes even our loved ones, can be hard on us. As women, we have so many roles that we need to fulfill: being mothers, wives, daughters, grandmothers. And we often feel guilty when we are "not perfect." But this about it - who or what in this life is perfect? No one. Let the light of self-love and self-compassion fill your heart with this realization. Let's try this exercise:
- ▶ Begin by bringing your attention into your body.
- ▶ You can close your eyes if that's comfortable for you.
- ▶ You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
- ▶ Take a few deep breaths.
- ▶ And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.
- ▶ Now, as you inhale, imagine a golden light of self-love entering through your nostrils, filling your lungs, and your whole body.
- ▶ As you exhale, imagine negativity and judgment, from yourself and others, leaving your body like a cloud of smoke.
- ▶ Repeat this several times.
- ▶ When you feel like you've had enough of these cleansing breaths, open your eyes and re-focus on the room.
- ▶ Now, put your hands over your heart and tell yourself: "I love you. Thank you!"
- ▶ This exercise might feel silly at first, but, with practice it will bring a sense of peace and it will help us decrease the pressures of judgment we constantly face.

Interpersonal Self-Care

- ▶ Another important part of self-care is being a part of a community. And by community, I mean having support of people who you know have good intentions and care about you. It takes time and effort to grow these relationships. It takes opening up, trusting and feeling safe.

Spiritual Self-Care

- ▶ Connection with God is a personal practice, and it results in fulfilling our need for connection, purpose, and happiness. Taking time for self-care feeds our soul. It can help us improve relationships and connections with others and ourselves, experience more inner peace, gain clarity on what makes us happy, and lessen feelings of isolation and loneliness.

Professional Treatment

- ▶ Now, what does professional treatment look like? There is no “one size fits all.” Sometimes it involves medications prescribed by your family physician or a psychiatrist (a physician that specializes in mental health), and other times it does not. Most of the time, professional counseling is helpful. Counseling relationship is a special relationship between you and your counselor. Confidentiality is protected by law.

Ask for help

- ▶ Don't be afraid to let your friends, family, or teachers know what you need when they ask; they want to help.

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SUPPORT FOR YOUTH UP TO AGE OF 26 AND
CAREGIVERS 24/7

- ▶ Support for Youth
- ▶ Support you in handling life's challenges.
- ▶ Help to solve problems and create a plan for the future.
- ▶ Support for Caregivers
- ▶ Assistance in overcoming conflicts and challenges in your family.

Helping a loved one

- ▶ **Take your loved one seriously!**
- ▶ **Listen with empathy and provide support:** A fight or breakup might not seem like a big deal, but for a young person it can feel immense. Empathize and listen. Minimizing what your child or friend is going through can increase his or her sense of hopelessness.
- ▶ **Don't keep suicide a secret:** If your friend is considering suicide, don't promise to keep it a secret. Tell him or her you can help, but you need to involve other people, like a trusted adult. Neither of you have to face this alone.

Access Team

- ▶ Sacramento County Mental Health Services
- ▶ Culturally specific services
- ▶ Professional
- ▶ Free
- ▶ 916-875-1055



Urgent Care Clinic

- ▶ Sacramento County Mental Health Services
- ▶ Safe space for individual & family peer support and on the spot counseling
- ▶ Crisis interventions, psychiatric evaluations, and clinical assessments
- ▶ Referral to community resources
- ▶ Brief medical management services
- ▶ 2130 Stockton Blvd, #300, Sacramento, 95817



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Thank you!!!!!!