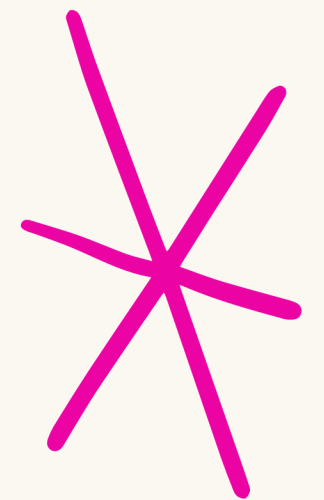


By Daejah Johnson & Mya Duncan

SELF-CARE
SANCTUARY:

FEEL TO HEAL



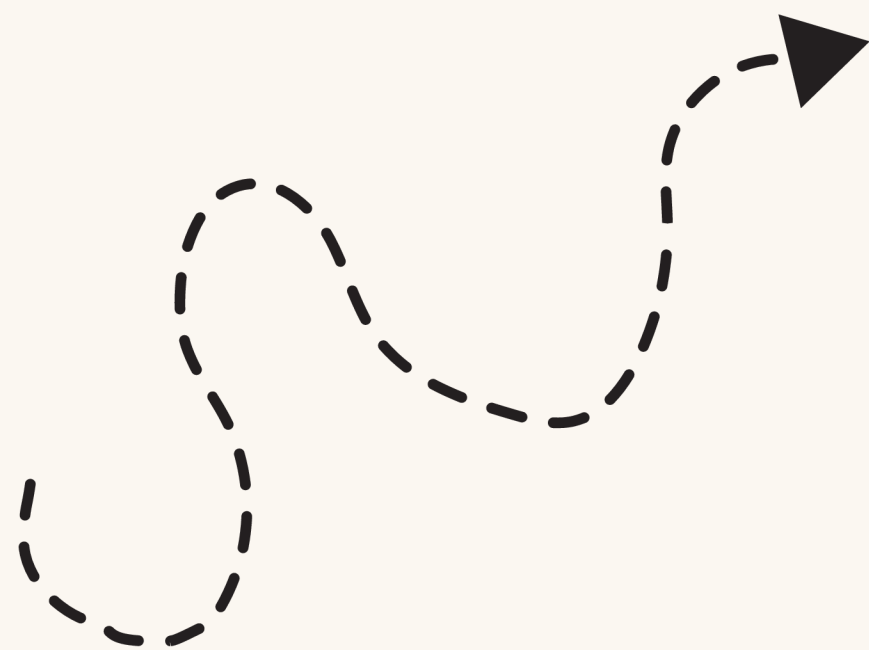


affirmations
self-love
hobbies
animals

Objectives:

1. GENERAL DEFINITION OF SELF CARE.
2. WHAT IS EMOTIONAL SELF CARE?
3. IS IT USEFUL, DOES IT HAVE BENEFITS?
4. SUPPORTING SOURCES
5. ACTIVITY
6. POP QUIZ
7. CITATION

do it for you



Introduction

I matter



What do you know about self-care?



- ✦ Self-care involves taking steps to care for your own well-being to maintain and improve one's physical, mental, and emotional health.
- ✦ There are different types of self-care that highlight the various ways people can support their well-being.



DEFINITION: Emotional self-care involves actively managing and understanding your emotions to maintain emotional well-being.

Self-Awareness

- Recognizing and understanding your emotions, triggers, and responses.

Healthy Expression

- Finding positive ways to express emotions, such as through journaling, talking to friends, or creative outlets.

Stress Management

- Using techniques like mindfulness, breathing exercises, or hobbies to manage stress and avoid emotional overwhelm.

Setting Boundaries

- Learning to say no when needed and protecting your emotional energy from draining situations or relationships.

Self-Compassion

- Treating yourself with kindness and understanding, especially during difficult times, and avoiding negative self-talk.

Support Systems

- Building a network of supportive friends, family, or professionals who can provide emotional support when needed.

EMOTIONAL SELF CARE



IS EMOTIONAL SELF-CARE EVEN USEFUL?
DOES THIS EVEN BENEFIT US?



take care of your mind

• USEFULNESS

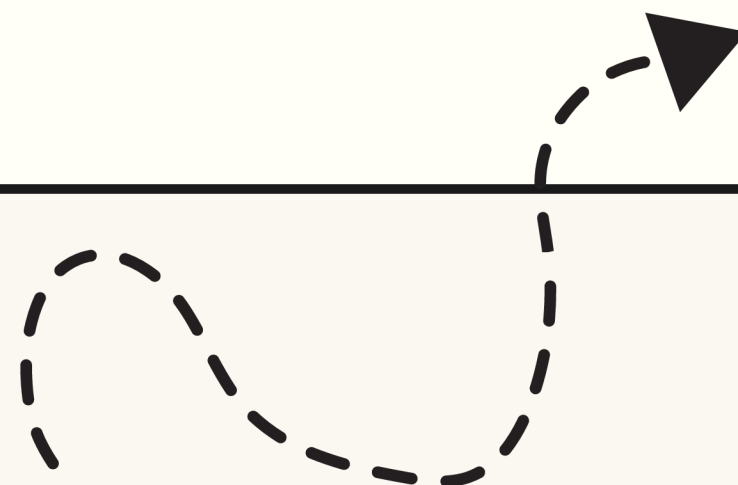
Emotional self-care improves overall well-being by reducing stress and enhancing mental resilience, which supports better physical health and emotional stability.

- enhances mental health
- builds resilience
- boost self confidence
- increases life satisfaction

• BENEFITS

Emotional self-care is beneficial because it helps people manage stress, anxiety and emotions, leading to improved mental well being.

- improves relationships
- builds resilience
- prevents burnouts
- boost self-esteem





Emotional Self Care: Amongst College Students

SOURCE #1

- **College Transition Stress:**

The transition to college is a stressful period for students, marked by environmental, academic, interpersonal, and financial stressors, which can cause emotional and psychological distress due to the loss of familiar support network.

- **College Stress and Mental Health:**

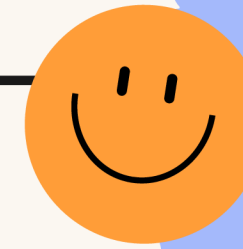
The transition to college is linked to increase stress, which contributes to higher rates of anxiety, depression, suicidal thoughts, self-harm, and eating disorders among students

- **Mental Health and Academic Success:**

Poor mental health negatively affects students' academic performance, leading to issues like discontinuous enrollment, stopping out, and lower grades



Emotional Intelligence: Amongst College Students



SOURCE #2

- **Transition to Early Adulthood:**

Emerging adults experience significant changes, including shifts in their living environment, relationships and academic pressure, and uncertain job prospects, which can contribute to mental health challenges.

- **Emotional Intelligence and Life Satisfaction:**

Emotional Intelligence plays a key role in life satisfaction for emerging adults, significantly influencing their identity development and overall well-being.

- **Loneliness and Depression:**

Loneliness intensifies depressive symptoms by fostering negative thought patterns and reducing opportunities for positive social interaction, which heightens stress and contributes to depression





Emotional Goal Dynamics and Mental Health

SOURCE #3

“It is crucial to understand the nature of emotion goals in daily life whether they remain relatively stable or constantly changing and whether such stability or variability is beneficial.”

The statement is about the importance of understanding how people set emotional goals in their everyday lives, whether these goals stay the same or shift, and whether this consistency or variability in emotional goals affect their overall well-being. It suggests that exploring the impact of stable versus fluctuating emotional goals could help us understand how to better manage our emotions and mental health.



Emotional Self Care Coping Skills



SOURCE #4

- **Empowerment:** These activities in the book encourage autonomy by giving teens tools they can use to manage their emotions and cope with stress in a healthy way.
- **Practical Skills:** The mindfulness, yoga, and artistic activities offer teens valuable coping skills that can be integrated into their daily lives.
- **Accessible and Engaging:** The activities are designed to be creative, fun, and accessible for teens, making it easier for them to engage in the process of self care.





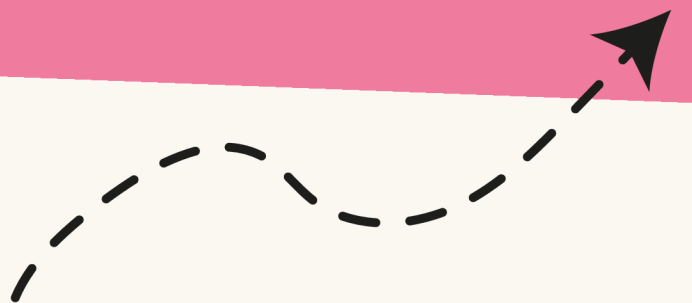
WAYS TO RELAX

We all experience stress. At times, you might feel built up pressure, anxiety, burnout, or maybe even feel overwhelmed. Here are some ways to help you relax!

START SMALL

DOCUMENT YOUR THOUGHTS

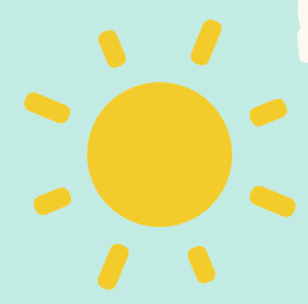
SCHEDULE TIME OF EMOTION



How do you feel today?

Step 1

Think of how you're morning went.



Step 2

List what made your morning the way it is.



Step 3

Drop it in the jar :D



~ The Feels ~

Silly / Energetic

Calm / Content

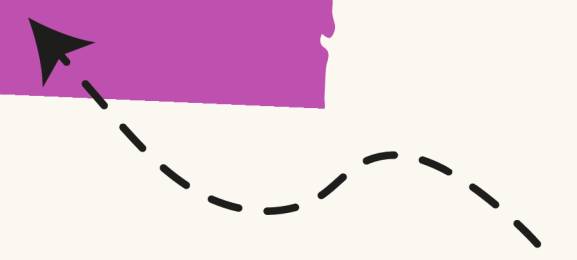
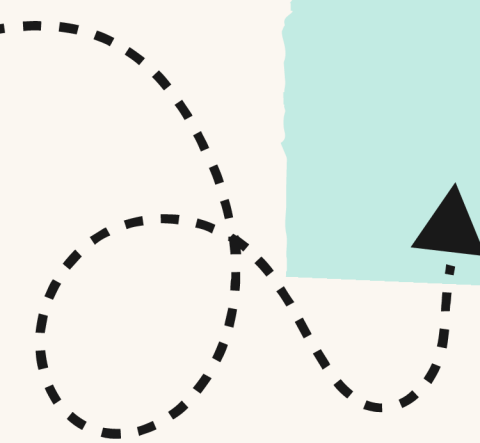
Angry / Annoyed

Sad / Upset

Worried / Anxious

Disappointed

Happy





PROGRESS & GROWTH

Reflect on your personal growth!
Highlight those improvements.

CHALLENGES

Take note of any of the obstacles you may have faced and emphasize how overcoming difficulties can lead to a stronger and resilient self.

COMMITMENT

Encourage yourself to develop and maintain a plan of self-care practices to sustain a stress free version of yourself.

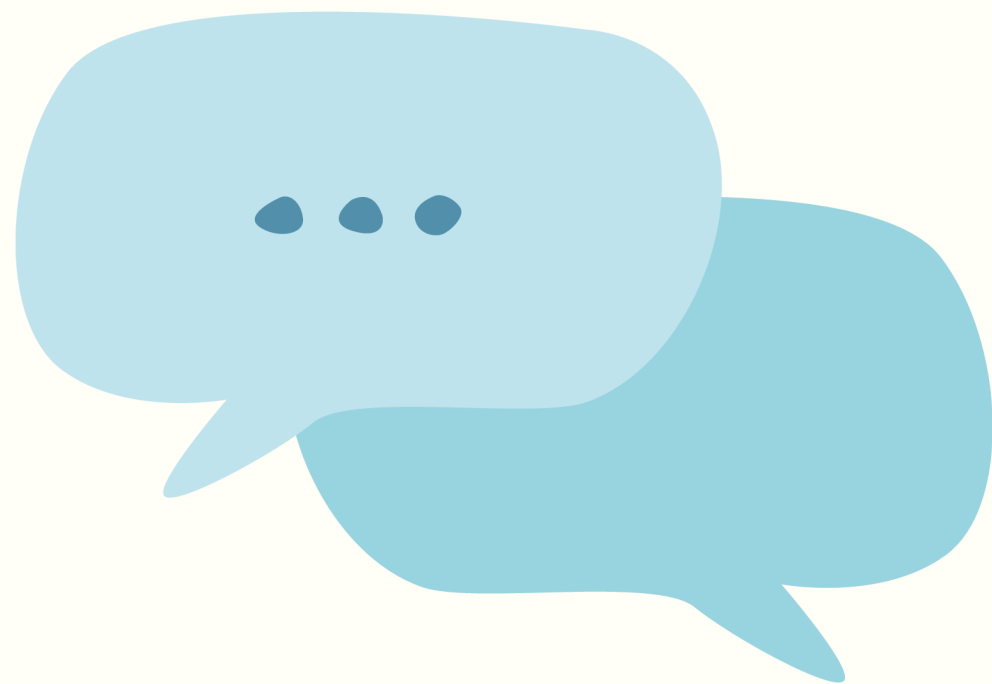
Discussion time!

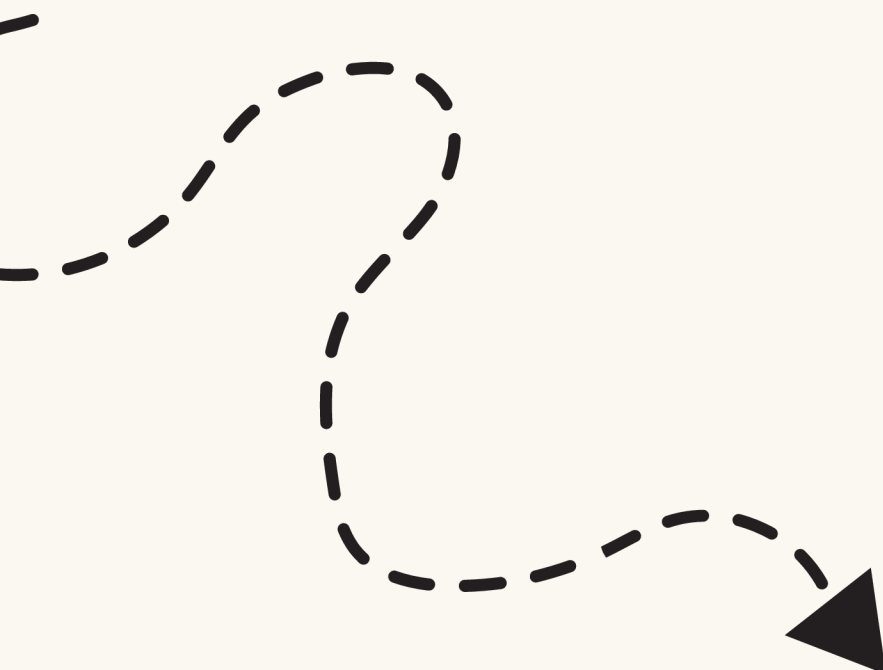
1

What points made did you like the most?

2

What will you do to improve your Emotional Health & Wellbeing?





SOURCE ONE

Hu, Danfei, et al. "Flexibility or Instability? Emotion Goal Dynamics and Mental Health." *Emotion*, vol. 24, no. 4, June 2024, pp. 1078-91. EBSCOhost, <https://doi-org.ezproxyprod.ucs.louisiana.edu/10.1037/e mo0001318>.

Hu, Danfei, et al. "Flexibility or Instability? Emotion Goal Dynamics and Mental Health." *Emotion*, vol. 24, no. 4, June 2024, pp. 1078-91. EBSCOhost, <https://doi-org.ezproxyprod.ucs.louisiana.edu/10.1037/e mo0001318>.

SOURCE TWO

Zhao, Mimi, et al. "The Relationship between Family Functioning, Emotional Intelligence, Loneliness, Social Support, and Depressive Symptoms among Undergraduate Students." *Behavioral Sciences (2076-328X)*, vol. 14, no. 9, Sept. 2024, p. 819. EBSCOhost, <https://doi-org.ezproxyprod.ucs.louisiana.edu/10.3390/ bs14090819>.

SOURCE 3

Wilkinson, Larrell, et al. "The Association of Unmet Social and Emotional Support Needs with Race/Ethnicity among College Students in the United States." *College Student Journal*, vol. 56, no. 3, Sept. 2022, pp. 238-58. EBSCOhost, research.ebsco.com/linkprocessor/plink?id=3d45334e-f93a-3388-9fb9-64955a88f10c.

SOURCE 4

Bonnie Thomas. *Creative Coping Skills for Teens and Tweens: Activities for Self Care and Emotional Support Including Art, Yoga, and Mindfulness*. Jessica Kingsley Publishers, 2019. EBSCOhost, research.ebsco.com/linkprocessor/plink?id=cde851f9-0037-3021-8db2-e473bfaa12e5.

**THANK
YOU!**

