

Self-Care & Wellness

Riverdale Kingsbridge Academy

What is self-care?



Self-Care may be the key to living a balanced life....

Self care is defined as: the practice of taking action to preserve or improve one's own health. It is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

"Activities and practices we engage in on a regular basis to reduce stress and enhance our well-being." -Unknown

Why is self-care important?



Self-care is important because it encourages you to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Also, self-care is necessary to remind yourself and others that you and your needs are important too.

Benefits of Self-Care

Self care can improve your mood, reduce anxiety, make relationships with self, friends, family and others better.



Types of Self-Care



There are 5 types of self-care we'll talk about today.

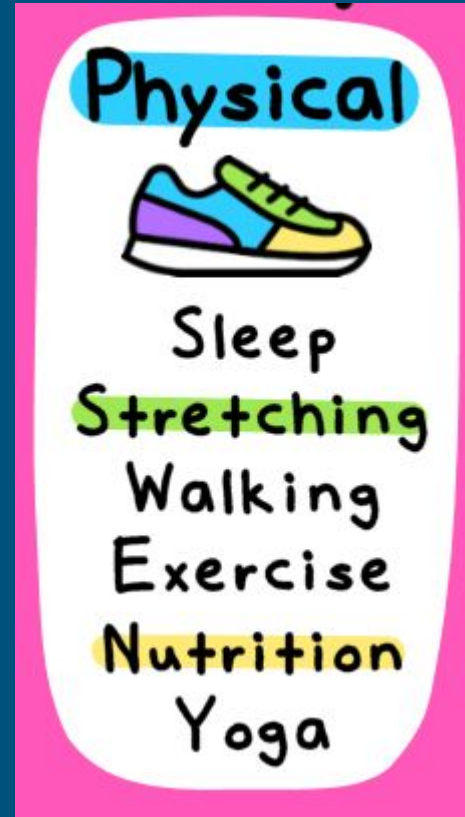
1. **Physical**-> The things I do to take care of my body in healthy ways.
2. **Emotional**-> The things I do to take care of my feelings in healthy ways.
3. **Social**-> The things I do in relation to others and the world around me.
4. **Spiritual**-> The things I do to gain perspective on my life.
5. **Practical**-> The things I do to balance my life.

Physical Self-Care

Physical self-care are activities you do that improve the well-being of your physical health.

What can you do to take care of yourself physically?

- Sleeping at least 8 hours a day
- Fit time in to exercise or take a walk
- Eat healthy & staying hydrated

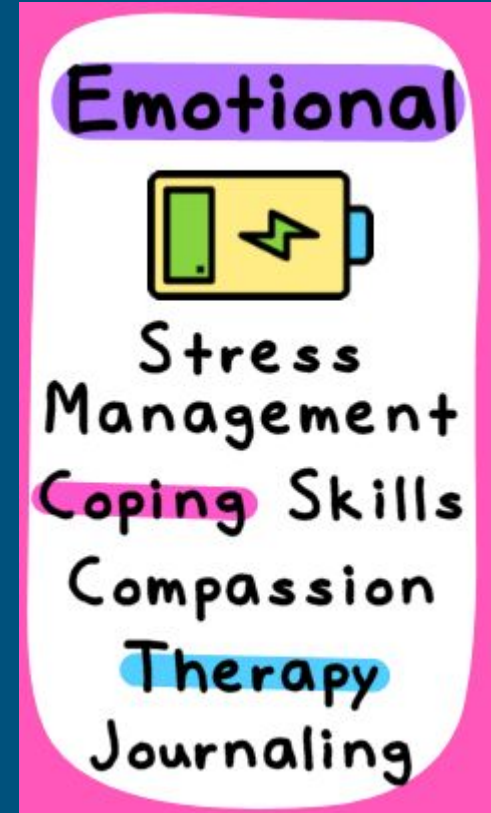


Emotional Self-Care

Emotional self-care are activities that help you connect, process, and reflect on a full range of emotions to take care of your feelings in healthy ways.

What can you do to take care of yourself emotionally?

- Practice positive self talk
- Listen to music or watch a movie
- Journal writing, read a book or create art
- Talk about emotions in a healthy way with a counselor or a trusted adult



Social Self-Care

Social self-care are activities that nurtures and deepens the relationships with the people in your life and the world around you.

What can you do to take care of yourself socially?

- Spend time with people you care about (in person, text, call or video)
- Join an after-school club
- Belong to communities that encourage positive social connections
- Engage in different positive activities



Spiritual Self-Care

Spiritual self-care are the things you may do to gain perspective on your life. Activities that nurture your spirit and allows you to think bigger than yourself. Spiritual self-care does not have to be religious, although for some it may be.

What can you do to take care of yourself spiritually?

- Meditation
- Spend time in nature
- Mindfulness and positive daily affirmations
- Take time for yourself and self-reflection



Practical Self-Care

Practical self-care are tasks you complete that fulfill core aspects of your life in order to prevent future stressful situations.

Do this daily for yourself.

-Time Management



- Staying on top of school work



-Keeping your room, space and work area clean and organized



- Balance fun, friends and school



What can I do to work on my self-care?

- Create a self-care plan
- Take 5-10 minutes a day and focus on YOU.
- Commit to small things
- Build a support system (family/friends)
- Schedule time with your Counselors to discuss different positive strategies
- If you see this sign in an email from a school staff. There are there to help you.



Ways to reach the Counselors



Ms. Byrd

9th-12th Grades Last Names A-K

Email is:
jbyrd2@schools.nyc.gov

Google Phone #: (631) 509-2573



Ms. Eisenberg

9th-12th Grades Last Names L-Z

Email is:
meisenb@schools.nyc.gov

Google Phone #: (845)-581-0092



Ms. Cuello-Gutierrez

Counseling In Schools

Email is:
jcuellogutierr@schools.nyc.gov

Google Phone #: (914) 481-3649



Mrs. Garcia

Counseling In Schools

Email is:
dgarcia56@schools.nyc.gov

Google Phone #: (929)-344-1513