

# Ify Otuya Mental Health Toolkit

## 10 Self-Care Skills

### **Nurture yourself to thrive.**

Self-care is more than just pampering yourself—it's about tending to your physical, mental, and emotional needs so you can show up as your best self in the world. It's the practice of prioritizing your well-being, replenishing your energy, and creating space for rest and recovery. In a world that often demands more than we can give, self-care is an essential tool to stay grounded, healthy, and resilient.

This guide offers practical self-care skills to help you listen to your body, recharge your mind, and nourish your spirit. Whether you're learning to set aside time for yourself, practice mindfulness, or create routines that promote balance, these tools will empower you to take better care of yourself—because you deserve it.

Let's explore how self-care can improve your well-being, enhance your energy, and allow you to live with more joy and purpose.

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### **10 Practical Self-Care Skills**

Here are meaningful and diverse examples of self-care skills—the habits and choices that help you protect your mental, emotional, physical, and spiritual well-being:

#### **1. Knowing What Recharges You**

Understanding what genuinely helps you feel better (like nature, music, alone time, movement) and prioritizing those things.

#### **2. Scheduling Time for Yourself**

Intentionally carving out time for rest, fun, or reflection—without guilt or needing to “earn” it.

### **3. Listening to Your Body**

Recognizing when you need food, water, sleep, or movement—and responding instead of pushing through.

### **4. Setting Emotional Boundaries**

Protecting your peace by choosing not to absorb other people's energy or problems.

### **5. Practicing Digital Detox**

Taking breaks from screens, social media, or news when they're overstimulating or triggering.

### **6. Creating Supportive Routines**

Establishing small daily or weekly habits (like a morning walk, journaling, or evening wind-down) that support stability and peace.

### **7. Seeking Help When Needed**

Knowing when it's time to reach out for professional support, a listening ear, or a break from responsibility.

### **8. Saying “No” to Preserve Your Energy**

Declining requests or invitations that stretch you too thin—even if they seem “small.”

### **9. Practicing Mindfulness or Grounding**

Taking moments throughout the day to breathe deeply, notice how you feel, and come back to the present.

### **10. Celebrating Yourself**

Recognizing your efforts, growth, or wins—without waiting for external validation.

### **Author's Bio:**



Hi, I'm Ify Otuya, a mental health advocate, speaker, and founder of June E-waste Academy. I create empowering mental health content to educate, inspire, and destigmatize mental health struggles. Join me on my journey to mental wellness.

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