

Self-care

The World Health Organization (WHO) defines self-care as the ability of individuals, families and communities to promote and maintain health and to prevent and cope with disease, with or without the support of a health or care worker.

Activities include emotional health care behaviors related to the way people feel, think, act, make decisions, and relate to others. Self-care is an attitude of respect and self-love that will help you have a better quality of life. Including it in your daily routine can help people stay healthy, make informed health decisions, recognize mental health conditions early, and act to prevent future complications. Self-care allows you to identify and manage stress, among other situations, that can lead to complications in your physical and mental health.



Types of self-care

Physical: everything related to the well-being of the body, which involves having a healthy diet, hygiene habits, sleeping well, doing physical activity and preventing health conditions.

Emotional: connection with your own emotions and with those of others; accepting that they are part of life.

Cognitive: it is essential to exercise our intellectual faculties, to be able to stimulate critical thinking, creativity and other skills of our own. Learning and developing skills that are of interest to the individual.

Social: build healthy bonds and connections, a supportive network that allows the person to remain healthy.

Spiritual: connect with your own values and maintain a healthy relationship with who you are on the inside.



Benefits of self-care:

It strengthens self-esteem.

It helps to have the ability to adapt and generate responses to cope with stress.

It generates an optimistic attitude.

It creates greater productivity and performance in activities.

Recommendations to promote self-care and mental health:

- Maintain positive thoughts.
- Strengthen self-esteem.
- Express yourself positively.
- Share with friends and family.
- Reduce the use of technology.
- Get organized in daily activities.
- Write down experiences that have turned out to be pleasant.
- Set realistic goals and priorities.
- Practice gratitude.
- Do hobbies that provide well-being.
- Take time for yourself.
- Get enough rest and set sleep schedules.
- Maintain a healthy diet.
- Cultivate inner peace.
- Eliminate toxic habits such as alcohol, drugs, and tobacco.
- Doing physical activity will make you feel more energetic.
- Get preventive tests.
- Visit a mental health professional.
- Avoid demanding too much of yourself: enjoy the most important moments in life.
- Give yourself a gift of self-love, taking care of yourself.



Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.who.int/es/news-room/questions-and-answers/item/self-care-for-health-and-well-being>

<https://www.unicef.org/elsalvador/media/5036/file/Manual%20de%20Autocuidado.pdf>

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