

Self-care



The World Health Organization (WHO) defines self-care as the ability of individuals, families, and communities to take care of their health, prevent disease, and cope with illness, with or without the help of health professionals.

Self-care includes actions to take care of emotional health and the way people think, feel, and relate to others. It is an attitude of self-respect that improves quality of life and helps maintain health and prevent mental health problems. Practicing it regularly allows you to stay healthy, make better decisions, and detect potential mental health problems early on, avoiding future complications.



Key components of self-care

Physical: everything related to the well-being of the body, including healthy eating, hygiene habits, sleeping well, physical activity, and preventing health conditions.

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

Cognitive: it is essential to exercise our intellectual faculties to stimulate critical thinking, creativity, and other personal skills. Learn and develop skills that are of interest to the individual.

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

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

Holistic well-being: this can include different areas such as environmental, socioeconomic, cultural, and health system factors.

Benefits of self-care:

Strengthens self-esteem.

Contributes to the ability to adapt and generate responses.

Generates an optimistic attitude.

Creates greater productivity and performance in activities.

Recommendations for promoting self-care and mental health:

1. Emotional and mental care

- Maintain positive thoughts
- Strengthening self-esteem
- Express yourself positively
- Practice gratitude
- Cultivate inner peace
- Avoid being too hard on yourself
- Enjoy the important moments in life.

2. Social relationships

- Spend time with friends and family
- Express yourself and interact with others in a healthy way

3. Organization and daily habits

- Organizing daily activities
- Set realistic goals and priorities
- Dedicate time to yourself
- Reduce your use of technology
- Write down pleasant experiences

4. Physical care

- Get enough sleep and maintain a sleep schedule.
- Maintain a healthy diet.
- Engage in physical activity to increase energy and well-being.
- Eliminate harmful habits such as alcohol, drugs, and tobacco use.



5. Prevention and professional support

- Get preventive health tests and checkups
- See a mental health professional when necessary



6. Personal well-being

- Engage in hobbies that promote well-being
- Practice self-love by taking care of yourself.



Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary doctor or call the following hotlines:

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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