

Self-Care: How to Help Yourself

CASEL

www.casel.org

Program Guide

<https://casel.org/guide/>

SEL Framework

<https://casel.org/sel-framework/>

<https://casel.org/wp-content/uploads/2020/12/CASEL-SEL-Framework-11.2020.pdf>

Self-Care

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

The Importance

<https://www.verywellmind.com/importance-of-self-care-for-health-stress-management-3144704>

<https://www.washingtonpost.com/business/2019/02/21/does-america-have-savings-crisis/?noredirect=on>

Self-Care Types:

- **There are six types of self-care:** <https://tulipandsage.com/types-of-self-care/>
- **Emotional**
<https://anxiety-gone.com/53-self-care-ideas-for-optimal-mental-health/#:~:text=%20Emotional%20Self%20Care%20Ideas%20%20%201%20Do,11%20Reward%20yourself%2012%20Goof%20around%20More%20>
<https://www.habitsforwellbeing.com/22-ways-practice-emotional-self-care-letting-go/>
- **Physical**
<https://www.developgoodhabits.com/self-care-ideas/>
- **Social**
<https://www.developgoodhabits.com/self-care-ideas/>
<https://www.optimumperformanceinstitute.com/life-coaching/7-ways-to-successfully-cultivate-social-wellness-for-life/>
- **Practical or Environmental**
<https://www.infocounselling.com/151-self-care-ideas-the-best-self-care-tips/#thelist>
<https://www.pinterest.com/WellnessILState/live-well-environmental-wellness/>

- **Mental**

https://healthprep.com/mental-health/how-to-achieve-mental-wellness-beyond-just-therapy-and-meds/?utm_source=bing&utm_medium=search&utm_campaign=328752041&utm_content=1137995095891697&utm_term=mind%20health%20and%20wellbeing&msclkid=7505d24ae083148dc84f8d844cf839af

<https://speakingbipolar.com/50-unique-self-care-ideas-mental-health/>

- **Spiritual**

<https://youtu.be/rqoxYKtEWEc>

https://www.pinterest.com/marandisteeves_lcsw/spiritual-wellness/

Local Resources for Counseling

- ▶ DreamStar **Free** Online Counseling
 - <https://onlinecounselinggroups.net/>
- ▶ UTRGV Counseling and Training Clinic (**Free**)
 - <https://www.utrgv.edu/cep/research-centers/counseling-training-clinic/index.htm>
- ▶ Psychology Today (type in zip code and will provide list of therapists available in your area)
 - <https://www.psychologytoday.com/us/therapists>