

# - Health Services Message -

## SEPTEMBER IS Self-Care Awareness Month



According to the National Institutes of Health, self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Often times, we are so busy taking care of everyone else that we forget to put ourselves first. In order to be the best version of yourself to others it is important to enhance your own wellbeing.

### **Self-Care Awareness Month is dedicated to YOU.**

It is a time to stop neglecting yourself. We all know how busy and loud life can be at times. Between work and home life there are days that it feels like there is no end in sight. It's easy to lose touch with friends and family during all the chaos. Sometimes you just need to say "no" (and not feel guilty about it) to keep from spreading yourself too thin. These are just some reasons why self-care awareness is vital for mental health and wellbeing.

As the old saying goes, "Rome wasn't built in a day," and healthy self-care habits won't happen overnight either. You have to make a conscious effort to set goals for yourself every day. This could be as simple as taking a walk in the park, reading a book, meditation, getting a massage, having coffee with an old friend, or doing something good for someone else.

Give yourself the attention you deserve. When you do, you will be equipped to create the you that you want to be and make the life you want to live. Remember, self-care is not selfish. You can't fill someone else's cup if yours is empty.

### **Resources:**

[5 Self-Care Practices for Every Area of Your Life](#)

[What Is Self-Care, and Why Is It So Important for Your Health](#)

[The Connection Between Self-Care and Mental Health](#)

[50 Best Self-Care Ideas and Activities for Mental Health](#)

[The Importance of Self-Care | TED Talks](#)

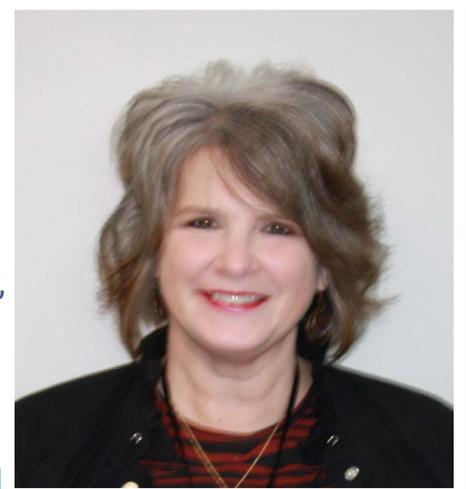
[Self-Care Isn't Selfish: 17 Tips for Making Yourself a Priority](#)

### **Local Events:**

FREE events in Medina County and surrounding areas that you can enjoy by yourself or with someone else.

[www.eventbrite.com/d/oh--medina/free--events/](http://www.eventbrite.com/d/oh--medina/free--events/)

If you have any questions or are in need of resources, please reach out to Pam Wheeler, Health Services Coordinator, at 330-725-7751 ext. 234 or [pwheeler@mcbdd.org](mailto:pwheeler@mcbdd.org).



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