

- Many feel alone and atomized
- Externalized worldview is leaving us feeling empty
- There is less certainty in almost all spheres of our lives – economy, political, social
- May not be able to rely fully on existing institutions/systems be they be social, political or economic – church for example
- Formal care/support systems are non-existent or overstretched – for example the few counsellors compared to number of people needing services.
- We need to draw more on our inner resources/reserves
- We need to be more proactive in managing our own wellbeing

A photograph of a person's silhouette in profile, facing left. The person's body is composed of a dense cloud of small, dark particles that appear to be dispersing or dissolving into the air. The background is a soft, hazy sunset or sunrise with a bright sun low on the horizon, creating a warm, golden glow. The overall mood is contemplative and ethereal.

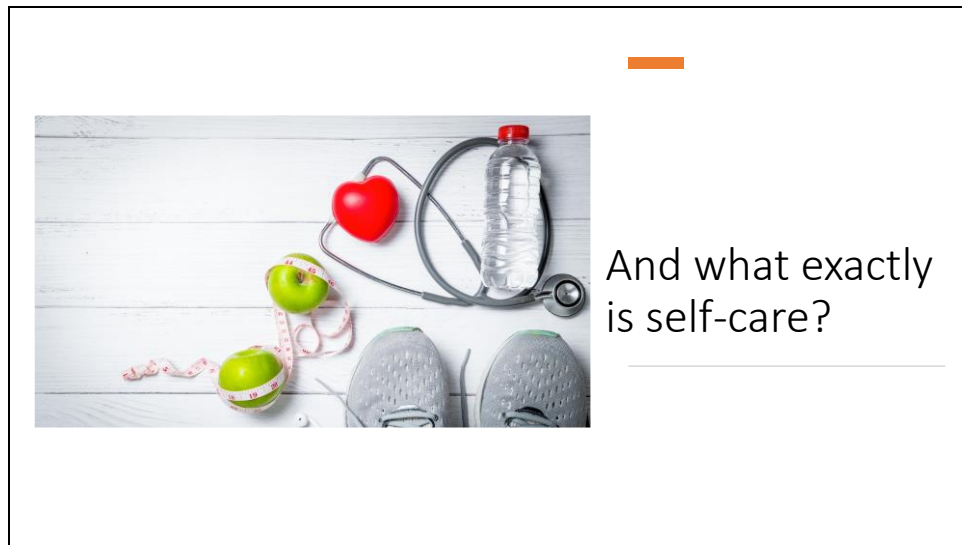
Reality check

Did you know that 1 out of 4 people who seek medical attention in Kenya have a mental health condition?
(WHO, 2021)

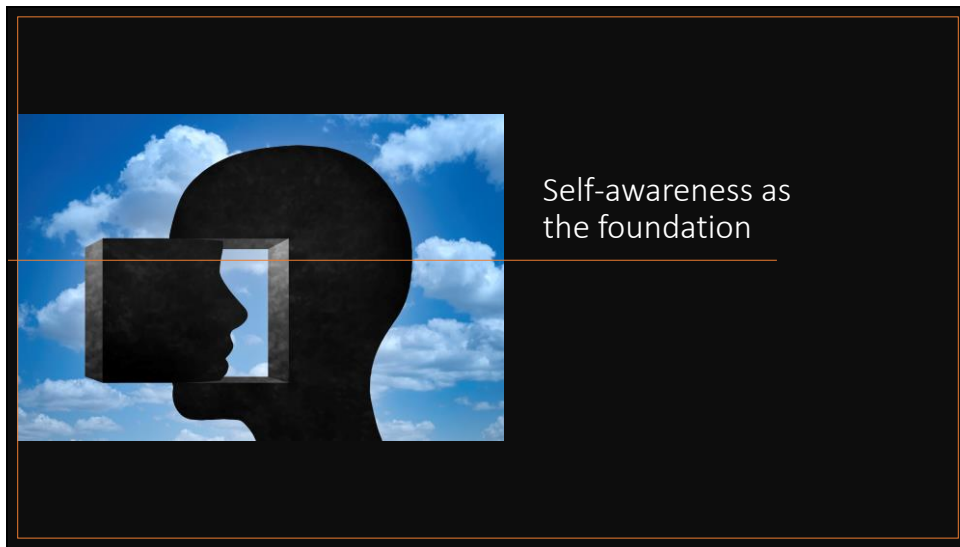


Mental Health Definition (WHO)

- Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.
- Mental health is more than the absence of mental disorders.



- Self-care is about nurturing your well-being, both physically and emotionally. It's about prioritizing yourself and your needs in a world that often demands so much from us. But self-care is not selfishness or self-indulgence. It's about creating a solid foundation of self-love and self-respect, so you can show up fully in your life and for others.
- Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.
- Self-care involves conscious participation in activities that promote healthy functioning and enhance a person's well-being and quality of life. It helps reduce stress, boost self-confidence, and improve overall happiness.



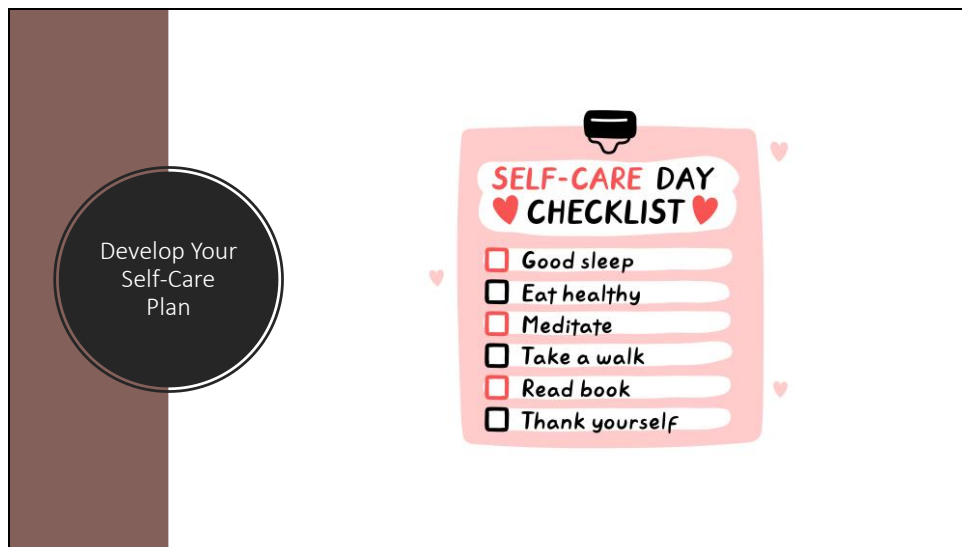
- **Understanding the mind-body connection**
 - This means that our thoughts, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning. In other words, our minds can affect how healthy our bodies are!
 - On the other hand, what we do with our physical body (what we eat, how much we exercise, even our posture) can impact our mental state (again positively or negatively). This results in a complex interrelationship between our minds and bodies.
- **Dimensions of Self Awareness**
 - Physical (body) awareness is how conscious and connected you are to your own body
 - Internal self-awareness involves understanding our feelings, desires, values, and beliefs. It enables us to manage our emotions effectively and make decisions aligned with our true selves.
 - Meanwhile, external self-awareness involves recognizing how others perceive us, understanding the impact we have on them, and appreciating different perspectives. This aspect of self-awareness fosters empathy and strengthens our relationships with others.

Dimensions of self-care

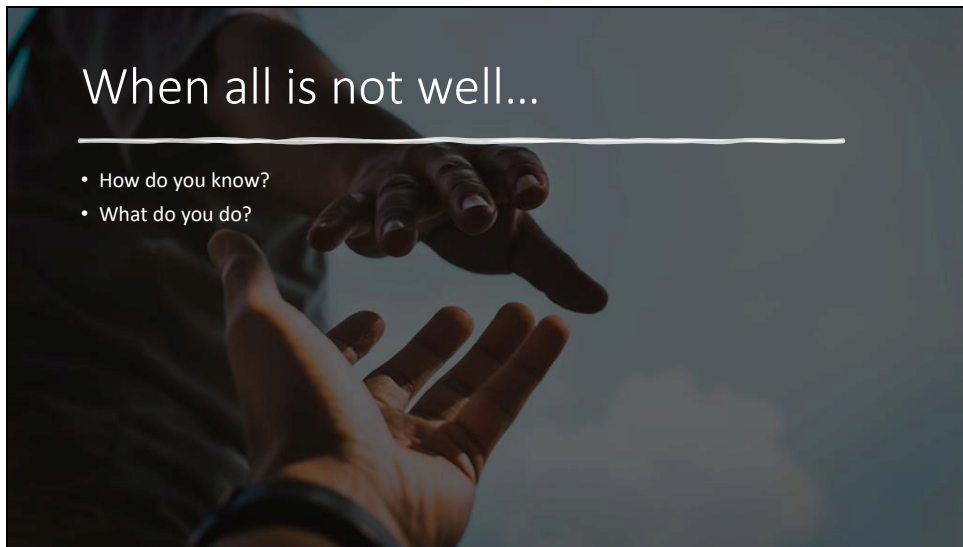
- Physical self-care
- Emotional self-care
- Social self-care
- Intellectual self-care
- Spiritual Self Care

An illustration of a woman with long black hair, wearing a blue patterned top, holding up several icons. The icons include a red book, a yellow and orange striped candle, a blue and white striped heart, a blue and white striped letter 'A', a blue and white striped letter 'U', and a blue and white striped letter 'E'. The background is a light pink grid with small blue stars.

- Physical self-care: Importance of exercise, nutrition, and sleep
- Emotional self-care: Strategies for recognizing and managing emotions
- Social self-care: Building and maintaining healthy relationships
- Intellectual self-care: Engaging in activities that stimulate the mind
- Spiritual Self Care: Activities that nurture your spirit and allows you to think bigger than yourself.



- Assess your needs: Make a list of the different parts of your life and major activities that you engage in each day. Work, school, relationships, and family are some you might list.
- Consider your stressors: Think about the aspects of these areas that cause stress and consider some ways you might address that stress.
- Devise self-care strategies: Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.
- Plan for challenges: When you discover that you're neglecting a certain aspect of your life, create a plan for change.
- Take small steps: You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.
- Schedule time to focus on your needs: Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.



How do you know?

Remember the mind-body connection? Your body is going to tell you when your mind is slipping and vice-versa. Pay attention. Keep vigilant.

What do you do?

- Research through reading, listening or viewing relevant material, - the more professionally curated the better.
- Seek support from trusted family and friends who can provide a safe space to explore and process your thoughts, feelings, and emotions
- A safe space is very very critical
- Seek professional mental health support – Counsellors, psychologists, psychiatrists etc.

Some Helplines

EMKF is a nonprofit organization started in 2015 by Dr. Benjamin Wachira and Dr. Jeremiah Gitau to guide and inform the development and sustainable emergency medical care system appropriate for the Kenyan healthcare system - (+254) 0800 723 253 (+254) 710 633 855

Niskize 0900 620 800

(Suicide Emergency Line) (+254) 718 227 440

Niskize is a leading psychological counseling and corporate training company.

Kenya Red Cross Society 1199, 0700395395, 0738395395

KRCS is the leading humanitarian agency and the strongest humanitarian brand in Kenya, the East Africa region and Africa.

Befrienders Kenya +254722178177

Suicide, depression and abuse helpline run by Befrienders Kenya that's available for calls between 7 AM and 7PM



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