Suicide Prevention Week Email 5: Self-Care

As we work together to prevent suicides, we must remember that our most valuable resource is each other. To show up as our best selves, it is essential to take care of our own mental health before we try and help others. Today’s email includes a few resources and tools to share with staff and community members to practice self-care.

Self-care includes activities and practices that we can engage in on a regular basis to reduce stress and to maintain and enhance our short and long-term health and well-being. Self-care is an essential survival skill and is necessary for our effectiveness and success in honoring our professional and personal commitments.

The Each Mind Matters Activation Kit includes a range of self-care tools that can be used to assess what we are doing, as individuals and within teams, to care for ourselves.

- Use the drop-in article, “Self-Care: The Importance of Loving Ourselves” (see attached) to share information in community and staff newsletters.
- Place the Each Mind Matters Self-Care Poster by your desk and share the postcard with others. (See attached)
- Share inspirational social media posts with others.
- Develop a Self-Care Plan. The UB School of Social Work’s Self Care site provides a Self-Care Starter Kit with valuable resources.

Taking the time and intentionally caring for our whole self – body, mind and soul – will keep us energized and mentally well. This is especially important for professionals in fields dedicated to helping and caring for others. The best way to practice self-care is to develop a self-care plan specifically designed and tailored just for you. Everyone will differ in what they need to feel re-charged and cared for. The important part is to include activities and practices that nourish whole health and that contain both maintenance and emergency care routines.

Please share your suicide prevention activities on the Each Mind Matters Event Page and online using the hashtag #SuicidePreventionWeek2019 and #EachMindMatters.