



**More information
on Carna website
(carnamentalwellness.org)**



CONTACT:

carnamentalwellness@umich.edu



[@carna.mentalwellness](https://www.instagram.com/carna.mentalwellness)

Who we are

**Carna is a
nonprofit
organization
that strives to
provide accessible
information
about mental
health to everyone**

Self
care

carnamentalwellness.org

What is self care?

self care is taking an active role in protecting one's own well-being and happiness, in particular during periods of stress

INTENTIONAL VS. UNINTENTIONAL SELF CARE

Intentional self care is things that you purposefully do to keep yourself in a good mindset

Unintentional self care is mostly habits, things you do just because everyone is "supposed" to do them

INTENTIONAL VS. UNINTENTIONAL SELF CARE IN DIFFERENT MENTAL STATES

When in a good mental state, it feels easier to work harder on intentional self care and doing things you don't have to for just basic survival

When in a bad mental space, you may not have much extra energy to spend on anything other than getting through the day and self care may just be things like basic hygiene

THE CYCLE



The best way to get out of burnout or any bad mental state is to start with the small things that are normally unintentional (ex. basic hygiene, going outside, seeing friends) and work your way up to more intentional things (ex. meditating, journaling, going to therapy)

MAIN COMPONENTS OF SELF CARE

1. Things you can incorporate into daily life
 - Smile and laugh
 - Swear
 - Read
 - Give compliments
2. Meditate
 - Check out our meditation info packet for more info.
3. Environment
 - Go outside
 - Declutter
 - Decrease sources of stress
 - Decrease screen time
4. Physical
 - Exercise
 - Eat healthily and drink water
 - Sleep
5. Things you can do when you specifically want to do intentional self-care
 - ex. Aromatherapy, sex or masturbation, dance, music, etc.