This is NOT self-care

- [x] Over-spending

- [x] Bingeing food or media

- [x] Numbing bad feelings with drugs or alcohol

- [x] Pushing yourself for perfection

- [x] Doing anything that feels good in the moment, but bad in the long-term

WE ARE HERE TO HELP

Peer Support by Phone: 204-560-1461
Peer Support Hours: 9 AM - 9 PM, M-S
Province-wide Toll-Free: 1-800-263-1460
Office Hours: 9 AM – 4:30 PM, M-F

For Peer Support groups and course schedule, please email or visit our website:

Email: **info@moodmb.ca**
Website: **www.moodmb.ca**

Manitoba

CONNECT WITH US

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4 Fort Street, Winnipeg, MB R3C 1C4
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Our Bodies, Ourselves:

Nutrition, Exercise, Hygiene and Self-care

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MDAM MOOD DISORDERS ASSOCIATION OF MANITOBA

Helping People Help Themselves

Sometimes it can be difficult to take care of yourself, especially when you don't have any energy or passion to do so. In times when you're depressed you don't generally like yourself very much, and it is very difficult to take care of things that you don't like very much.

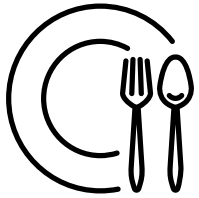
It is important to take care of your physical body if you want to take care of your mental self.

Food is full of nutrients that run through your body as fuel for that complicated biological machine. That is why eating nutrient-rich foods is important, and why we often feel bad after eating nutrient-poor foods– our bodies are looking for the fuel they need to run a system and come up empty!

A lot of self-care strategies are about taking care of the body, which is where the two connect. Taking the time to have a shower or to get dressed in something fresh can feel like a little insignificant thing until you've done it and you feel a little more resilient to the day ahead.

How to work on your physical health

Eat well



- eat fewer foods full of fats, salts and sugars
- eat more foods of different (natural) colours

Keep clean

- helps you to feel more resilient for the day ahead
- makes you less self-conscious when interacting with others

Exercise

- can relieve stress
- long-term has been shown to improve depression in some people

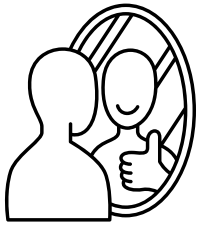
Sleep

- enough good quality sleep helps to reduce stress

See a doctor

- regular medical checkups keeps you on top of any medical conditions
- regular dentist visits can help you avoid chronic health issues

Take care for yourself



- take time to de-stress after a long day
- know your limits and try not to push yourself past them too often
- take the time to do activities for the sake of enjoyment