

## Self-Care – Part 2

Greetings to the Daughters of Sarah worldwide. 'DOS Health' presents you all with an informative article on different ways you can provide self-care to oneself to help aid in your mental wellbeing.

### 4. Sensory Self-Care

*"They received the use of the five operations of the Lord, and in the sixth place he imparted them understanding, and in the seventh speech, an interpreter of the cogitations thereof." ~ Sirach 17:5*

This is about catering to all of your senses such as drinking and eating your favorite tea and/or food, enjoying the taste, the smell and etc. Enjoy warm weathers, warm/hot baths with your favorite smelling bath products. This includes music, listen to your favorite classes that make you laugh. This also includes spending time in nature and admiring its beauty and being present.

### 4. Financial Self-Care

*"A feast is made for laughter, and wine maketh merry: but money answereth all things." ~ Ecclesiastes 10:19*

Financial self-care? Yes! There is such a thing, it has been proven that many people have gone into depression, anxiety because of their finances. This also includes people developing serious mental illness, ensuring that you are on top of your finance can help you avoid these sorts of problems.

As we know the COVID-19 pandemic hit the world globally and many people are unemployed which would be known as the 'Great Depression', there tips to ensure one can stay on top of your finances. We do have to keep in mind financial trials will come but reaching out to your Leadership, family and friends for help is key to glory in that tribulation.

### **Some tips to apply if possible:**

- Start a 'side hustle' or two: do you have a hobby that you know can make you some money to help build up some funds for yourself i.e. selling crocheted items, selling bakery, providing web design services.
- Create a budget to keep on top of your finance, refer to the Fruits of Self Control: Budget and Health class by IUIC Phoenix.
- Create different saving accounts: this varies from households to households i.e. rent, rainy day, car, furniture, health, house, miscellaneous.

Lastly try to avoid living beyond your means and become financially educated to avoid your mental health being affected by your finances.

**We hope that this article is beneficial for you.**

**Shalom from DOS Health**