



## Self-Care – Part 1

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.

**Self-care:** *the practice of taking action to preserve or improve one's own health.*

*"Health and good state of body are above all gold, and a strong body above infinite wealth". ~ Sirach 30:15*

### **Definition of health:**

1. The state of being free from illness or injury
2. A person's mental or physical condition

The Bible is all about health and mental wellbeing, so dive into this article for ways you can improve your mental health by applying good and essential self-care practices.

**If you do indeed have to take medication for any form of mental illness, please do as your doctor has advised and apply the scriptures with the care given by your physician.**

### **1. Spiritual Care**

*"For whatsoever things were written aforetime were written for our learning, that we through **patience and comfort** of the scriptures might*

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have hope.” ~ **Romans 15:4**

The scriptures provided with the tools become patient and comforted, when one's mental health is not up to par, it is important to have patience with oneself and seek comfort of the scriptures.

→ **Study, pray and apply.**

→ **Attend** Mother Mehidah's 4 Chapters Study sessions every Tuesday at 6pm EST.

→ **Communicate** with your loved ones and converse about the scriptures. Spend time with your sister-friends, attend holy convocations, attend any events and Titus 2 sessions the body hosts. (this goes into the social aspect of self-care)

→ **Seek sound counsel**, never be bottled up and confess your faults.

→ **Fasting and prayers, self-examination.**

→ **Writing lists** of the sins you need to overcome and triumphing at any sins you do overcome.

## 2. Physical self-care

*“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”* ~ **1 Corinthians 3:16**

To provide your body with physical self-care is to ensure you attend the doctors or naturopathics doctors etc. whichever you go to get your body check-ups. Exercise, diet, and outward appearance self-care.



- **Exercise:** going for walks to clear one's mind, swimming, going to the gym, at home exercise, jumping ropes etc.
- **Diet:** eating fresh fruits, lots of green vegetables, including supplements, herbs, plenty of water and etc. *(Please find our vitamin and mineral guide on the site which provides you with lists of deficiencies and their fixes)*
- **Outward appearance:** go to the spa, get your hair done and nails done (by a sister if possible), dress up while you are at home to feel good about oneself, practice proper skin care.
- **Others:** dance! Play a lot of calming music such as jazz, neo soul, etc. Music is very spiritual and can help us mentally.

### 3. Emotional Self-Care

*“Love thine own soul, and comfort thy heart, remove sorrow far from thee: for sorrow hath killed many, and there is no profit therein.” ~ Sirach 20:23*

Our emotions are a part of self-care and contribute to our mental wellbeing. It is about being mindful of yourself and the way you think, expressing oneself, releasing unwanted emotions, acknowledging things that trigger you etc.

(Please find our vitamin and mineral guide on the site which provides you with lists of deficiencies and their fixes)

- **Sleep:** ensuring to get an adequate amount of sleep to recharge and rejuvenate. Sleep tends to be disrupted before a mental illness develops and also during diagnosis.



- **Journaling** is an excellent way to help one clear their mind especially before going to sleep with some calming music on and then a study session to help aid in 'worry-free' sleep.
- **Clean home, clean mind:** ensure your home or your room is clean and organized to help you think clearly and feel much better.
- **Creativity:** if you have a creative hobby this will be very beneficial such as crocheting, knitting, writing stories/poetries/spoken words, drawing, painting, cooking, baking, etc.
- **Others:** if you have a talent, showcase it on the feast days!

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

**\*\*Be sure to look out for Part 2 of this article\*\***

**Shalom from DOS Health**