



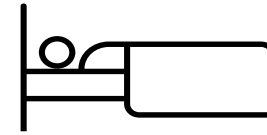
Self Care

According to the World Health Organization (WHO), self-care is being able to promote and maintain health, and cope with illness and disability with or without the support of a healthcare provider.

There are many factors of person's life come into play.

One of the most important ways to practice self-care, is to get healthy sleep.

To promote healthy sleep

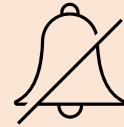


Most of us need 6-8 hours of sleep



There are individual differences.
Taking a nap about 15 minutes
might improve work efficiency.

Create a comfortable sleep environment



Make sure your room is dark and quiet.

Don't go to bed stuffed or starving



Finish eating meals 2-3 hours
before bedtime.

Get some low-impact exercise



Don't do it too close to bedtime.
The body needs time to calm down.

Go Decaf



At least 4 hours before bedtime.

Establish a relaxing bedtime routine



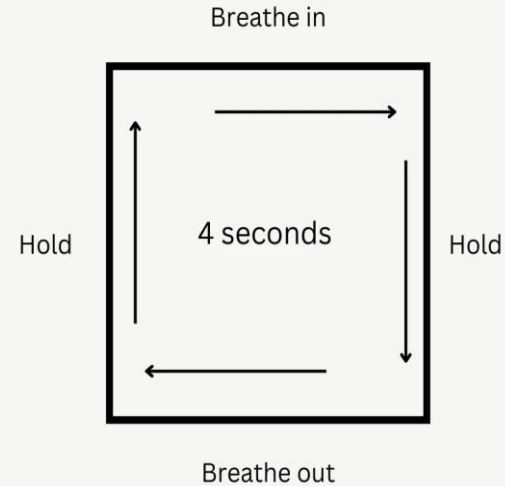
Reading, taking a warm bath,
the muscle relaxation,
or having a good aroma, etc.

Relaxation

Relaxation exercises might help ourselves relieve the tension in the body and mind.

Create your own regular pre-sleep routine and try to leave worries at the door.

Box Breathing



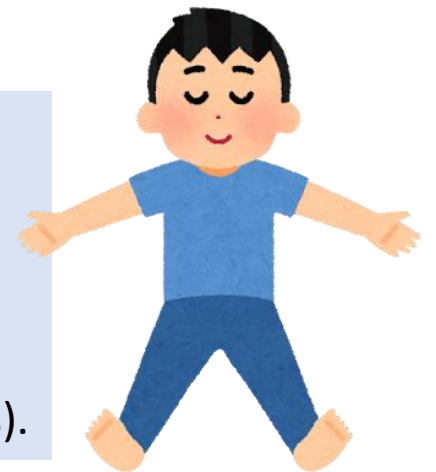
Inhale slowly for 4 seconds, hold your breath for 4 seconds, exhale for 4 seconds, and hold again for 4 seconds.

Progressive muscle relaxation

Focus on the difference of muscle tension and relaxation.

Start by clenching your fists tightly for a few seconds and release the tension all in one go.

Repeat this with each muscle groups (from head, neck, arms, legs and down to toes).



Misconceptions about stress relief

While alcohol may make you feel sleepy, it can affect your health.

Drinking increases...

- Intensity of sleeping and breathing problems .
(i.e. sleep apnea, snoring, allergic responses..)
- Severely effect to essential sleep cycles.
- People with anxiety are especially vulnerable to developing alcohol dependence.

You need to control the amount and frequency.



To get help

Getting support is one way of self-care.

If you're in distress, concerned about your mental health, or want to talk to someone, help is available.

JICA counseling service

tataa_counseling@jica.go.jp

Counseling request can also be acceptable through the officer of JICA Center and/or Medical Coordinator (MC).

