

15 Self-Care Practices for Enhanced Mental & Emotional Well-being

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Health and Lifestyle Tips and Techniques

Cultivating Mental and Emotional Well-being: A Holistic Approach to Self-Care

In contemporary society, characterized by its relentless pace and pervasive pressures, prioritizing mental and emotional well-being is paramount. Self-care, far from being a luxury, is a fundamental requirement for overall health and the attainment of a fulfilling life. This article explores a comprehensive framework for self-care, drawing upon established psychological principles and models to promote holistic well-being. Key concepts such as self-efficacy (Bandura's Social Cognitive Theory), stress management (Lazarus's Transactional Model of Stress and Coping), and positive psychology (the broaden-and-build theory of positive emotions) will be applied throughout.

Conclusions and Recommendations: This exploration of self-care practices underscores the importance of a holistic approach to mental and emotional well-being. The integration of these strategies, rooted in evidence-based psychological principles, fosters resilience, reduces stress, and enhances overall life satisfaction. Future research could explore the effectiveness of tailored self-care interventions for diverse populations, examining the impact of specific practices on various mental health outcomes. The application of these principles within organizational settings could lead to improved employee well-being and productivity. The widespread adoption

of holistic self-care practices holds significant potential for enhancing societal well-being and reducing the global burden of mental health challenges.

Reader Pool: Considering the presented framework for self-care, what specific strategies do you believe are most impactful in promoting resilience and mitigating the effects of stress in the contemporary work environment?

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