

PARTY N PLAY: WHAT IS SELF-CARE?

SELF-CARE:

Consistent and dedicated activities and habits that people adopt to promote their physical, mental, emotional, sexual, and spiritual health, which are all interconnected. Self-care can be beneficial in supporting your mental and emotional health before, during, and after partying.

SELF-AWARENESS:

Being mindful of what makes you who you are. These are your values, beliefs, emotions, thoughts, personality, motivations, actions, and feelings. Self-awareness varies in public and private. More here.



EMOTIONAL HEALTH:

How we feel, our sense of well-being, self-confidence, self-esteem, self-worth, our ability to cope with challenging life experiences and to navigate the ebb and flow of positive and negative emotions.

MENTAL HEALTH:

Is a state of well-being that enables people to cope with the life's challenges, be productive, contribute, realize their potential, learn, work well, and thrive and contribute to their communities. The interplay of mental and emotional states affects physical and sexual health. More here.



For more information check out, Mind-body practices for Party and Play (PnP) by two-spirit gay, bisexual, trans, and queer men (2SGBTQ).

