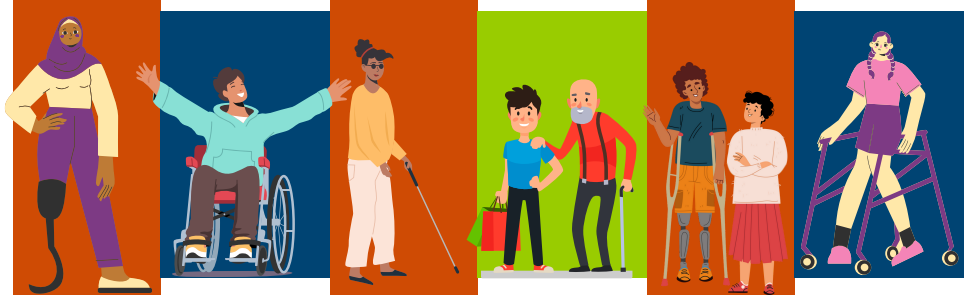


# July 2023 Disability Pride Month

## Self-Care Tips



This month, we want to encourage you to take care of your mental health as it is just as important as your physical health. It is reported that adults with disabilities experience frequent mental distress almost 5x more than the average able-bodied adult.

### Reorganize or clean areas in your living space

Arrange your surroundings to be more accessible so as to ease your daily routines! Find inspiration from websites like Pinterest or Instagram to get inspired to take the first step.

### Get out of your wheelchair for a bit

Even though it is comfortable, it's good to get out every once in a while, to relax. Find a comfy chair or couch, whatever works best for you!

### Take a break from advocacy and indulge in a little pampering session

Taking a break is a great way to recharge. Treat yourself to a facial mask, a relaxing bath, getting your hair cut or styled, or spending some time on your favorite activity.

### Get active and do some stretches

Sitting down or being in one position all day can cause your body to feel tense. When it's safe, try doing some light stretches to loosen up your body. If you can, try activities like chair exercises or yoga to help strengthen your muscles.

### Get your prescriptions refilled

As simple as it sounds, keeping track of your prescriptions and knowing they all fully stocked can be a huge relief. You also will not have to worry about them being out of stock when you need them.

### Clean and maintain assistive equipment

Nothing beats the feeling of a clean wheelchair, walking stick or even a BIPAP/CPAP machine. Be sure to wipe off any dirt before sanitizing so it's fresh, hygienic, and functioning at its best.

### Engage in simple creative activities

Get your creative juices flowing with activities like origami paper folding, painting, drawing, etc. Listening to music or writing in a journal can also help decrease stress or tension you may be feeling.

### Practice breathing techniques or meditation

During meditation, you focus your attention and quiet the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can instill a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. Guided meditation, guided imagery, visualization and other forms of meditation can be practiced anywhere at any time.

### Seek support

If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look into seeking support. It's okay to not be okay. Professional counselors or therapists can help you identify sources of your stress and learn new coping tools.