

Unlearn with FSI



SELF-CARE



WHAT IS SELF-CARE?

SELF-CARE IS THE SIMPLE ACT OF INDULGING IN AN ACTIVITY WHICH PROTECTS ONE'S PHYSICAL AND MENTAL STATE, WELL-BEING AND HAPPINESS

In today's world, we're constantly exposed to all sorts of information. While this often helps spread awareness, making us more informed and to some extent even adding to our personality, it can also have the counter-effect. Sometimes, all this exposure can be extremely harmful. We may set very high standards for ourselves, causing us to stress about meeting them frequently. All this stress can make us feel overwhelmed and helpless. Hence, it's important for us to take care of our mental and physical health, and draw certain limits. It is crucial to do everything in moderation, not only in respect with exposure, but also with all aspects of our lives. It is important that we try to listen to our inner voice from time to time to get to know how much of everything is good for us and at what point it is negatively impacting us.

PEER PRESSURE AND IT'S INFLUENCE

As we're growing up, we're spending more time with our friends as compared to our family members. We have begun to look towards our friends for advice and approval as their opinions have started to matter more.

Peer pressure is commonly thought of negatively, but it is not always a bad thing. Through interacting with our peers, we get a better understanding of as to how to behave in different settings. It helps us in socialising with others and can help us in other ways as well, like to try new activities, be more assertive, etc.

However, it can also be counterproductive. Some of us may choose to try things we are normally not interested in. Sometimes we may also feel pressured to match up to the activities that others in our peer group are doing without taking into account that we all have different capabilities and abilities. For example a friend may be doing a lot of extracurricular activities according to their capacity and we may feel pressured to match up to that without taking our limits into account.

Sometimes we are pressured into doing things we are not comfortable doing because we want validation from our peers. This could be due to curiosity, the desire to fit in, insecurities, etc.

WHAT DOES BEING "PRODUCTIVE" MEAN ?

Coming into high school, there is a sudden added pressure to be productive and excel in all aspects of our lives; academic, extracurricular and social. We are expected to balance all parts of our lives. However, there are a lot of times when we are stuck and are not physically or mentally capable of doing everything how society deems we should. Productivity in it's real sense does not necessarily mean getting full marks, completing all your homework, and going to multiple classes. It can also be getting dressed for the day, cleaning your room, eating healthy, drinking enough water, working out, and even going out for a walk. Of course, doing your school work is very important, but it is also important to remember that we as humans also need breaks. It is impossible for us to always be working. It is not even efficient to be constantly productive, as it can lead to burnout. Burnout is very common in teenagers and can lead to chronic fatigue, insomnia and physical symptoms such as headaches, stomachaches, anger, isolation and irritability.

Social media portrays productivity in an unrealistic and toxic way. It portrays a person who has a perfect work and social life balance, who has the same routine everyday that they follow to the point. However, this lifestyle is just an illusion. In reality , every person needs time to relax and take care of themselves through self-care, eg. reading a book, being creative through artwork, painting your nails, taking a bath, talking to friends, or simply lazing around on your bed taking out time to just be by yourself.

It is important to set your limits and know that your version of being productive is different than others. Everyone has a different definition of being productive, which is normal and very common. Let's try and remember to always be kind to ourselves and understand that not everyday will be as productive as we want it to be.

SELF MOTIVATION AND NEGATIVE SELF-TALK

Self-motivation refers to the motivation to achieve or do something because of our own interest or eagerness without needing pressure from outside sources.

Self-motivation helps us differentiate between things that we actually want to do and things that we aren't that keen on doing but do anyway for the sake of others. It increases productivity because we're doing it for ourselves while setting a realistic and achievable pace we can keep up with.

Sometimes, however, negative self-talk interferes with our motivation to do something. While we may want to do something, we talk ourselves out of it by indulging in negative self-talk. We think we should be good at something the first time we try it or we can never be good at it.

Giving ourselves the space to not be perfect and to let ourselves go through a learning curve is important for our mental health. Expecting ourselves to be perfect at everything we do limits the areas we can learn and improve in. Constant self criticism leads to lower self esteem, high stress levels and dissatisfaction with everything one takes part in.

LET'S UNLEARN THINGS WE SAY TO OURSELVES

-I can't do anything right, I shouldn't even try...

-I'm so dumb...

-I don't like anything about myself.....

-I am sure they don't like me, infact no one does....

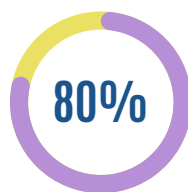
-Why do I have to look like this....

UNREALISTIC BODY IMAGE STANDARDS SET ON SOCIAL MEDIA

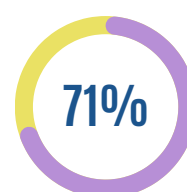
In today's time, social media has become an important part of our everyday lives. When scrolling through our feeds, we are constantly exposed to a highly curated selection of photos that are far from reality. Constant exposure to these altered images can lead to an unhealthy pressure to achieve unrealistic body types which can result in deduced self-esteem.

Social media has become increasingly dangerous, especially for teens, who are most susceptible to suffering from anxiety and depression. At this age, they are still learning about their own anatomy while dealing with their hormones, pressures from school and other distractions at home. These factors combined with constant pressure from the media telling young people that they should be thin, curvy, brainy or woke can be overwhelming on the psyche.

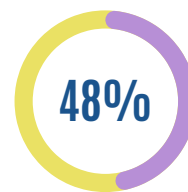
HOW WE FEEL?



feel they are not as productive as they want be in a day



feel they have sometimes put aside their time to unwind for being part of a social gathering



feel that they indulge in negative self-talk quite frequently

THE RIGHT WAY TO VIEW SELF-CARE

With the growing trends of "self-care" and stuff with people spending hours on facemasks and baking, a viewer may be attracted to the idea or maybe even be appalled by it. So the question arises. Is there a definite or specific way to engage in self-care? Well, that is not really the case. Self-care can vary from person to person. While something that may appear relaxing to you can be a stressful activity for someone else, which is entirely okay.

Contrary to what social media portrays and all the hubbub around it, self-care does not just necessarily come in the form of applying face masks, baking, taking a nap or going out for a walk, it can also come in the form of isolating yourself for a while and staying in your company, learning a new skill, or even getting dressed up.

Self-care is a way to be gentle with yourself and a way of looking after yourself hence is very important. It doesn't necessarily require an entire day and can also be incorporated into your day to day life. Self-care can be choosing your outfit for the next day to feel less stressed or even starting your day by listening to music for a mood boost, etc.

It can include things that are traditionally considered as self care such as skincare or exercise, but it goes way beyond these activities. Taking time off from schoolwork, listening to music and even moving your body on days you think you can't are all forms of self care. Since everyone's needs are different, our own version of self-care may also be.

Regardless of what kind of self-care you practise, it is all equally important and necessary.

Contrary to how it is often portrayed, self-care is not frivolous or pointless. It is an essential part of daily life and an important aspect of our overall well being!

**FOR CONTRIBUTIONS & SUGGESTIONS, DO WRITE TO US AT
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