

convo
Encouraging Conversations That Matter

healing is possible



How to Start a Mental Health Self-Care Routine

A Personal Guided Approach to Mental Wellness

How to Start a Mental Health Self-Care Routine

Guided Approach to Daily and Weekly Mental Wellness

🌞 Why This Matters

Mental health is the foundation of everything we do—how we relate, how we create, and how we cope. Just like we care for our physical health, we must nurture our emotional and psychological well-being with consistency. This routine helps you check in with yourself regularly and create habits that build emotional strength over time.

A Note from Convo Africa

At Convo Africa, your well-being is at the heart of everything we do. We believe that healing is not only possible, it is a journey worth supporting with the right tools and care.

This resource was created with you in mind, to offer simple, practical steps you can take each day to nurture your mental health. Whether you're just starting out or looking to strengthen your routine, we hope this guide becomes a helpful companion in your journey toward greater emotional and mental wellness.

Take your time with it, revisit it often, and remember: you matter, and your wellness matters.

With care,
The Convo Africa Team

🗓️ Daily Self-Care Practices – What to Do & Why It Helps

1. Start with Stillness (5–10 min)

Purpose: To ground yourself before the demands of the day take over.

- Begin with deep breathing: This calms your nervous system and reduces cortisol (stress hormone) levels.
- Centre yourself through prayer, a moment of silence, or a simple affirmation like: *"Today, I show up for myself."*
- Mindfulness in the morning helps regulate mood and improves focus throughout the day.

2. Nourish Your Body

Purpose: The mind and body are deeply connected—mental clarity depends on physical balance.

- Hydration improves brain function and mood regulation.
- Nutritious meals stabilize blood sugar, which prevents mood swings.
- Gentle movement (like a walk or stretching) releases endorphins, your body's natural mood boosters.

3. Feel Your Emotions

Purpose: Emotional suppression increases stress and leads to burnout. Naming emotions reduces their power over us.

- Check in by asking: "What am I feeling?" rather than "What's wrong?"
- Use an emotional vocabulary chart if you struggle to name your feelings.
- Writing or voice-noting creates distance between you and your emotions, allowing clarity and insight.

🗓️ Daily Self-Care Practices – What to Do & Why It Helps

4. Connect With Someone

Purpose: Human connection regulates the brain's threat response system and promotes feelings of safety and belonging.

- Social support is one of the strongest predictors of resilience.
- Reach out to someone who offers safe space, not pressure. Even a brief message can provide emotional uplift.

5. Digital Detox Moments

Purpose: Constant stimulation overwhelms the brain and impairs our ability to rest and think clearly.

- Create a "sacred hour" daily where no screens are allowed—ideally before bed.
- Replace scrolling with meaningful rest: music, reading, journaling, or mindful walking.

📆 Weekly Self Care Check In

1. Reflect on the Week

Purpose: Reflection helps identify emotional patterns and understand what energizes or drains you.

- Ask: "What lit me up? What wore me down?"
- Writing these down weekly helps track emotional triggers and adjust your lifestyle accordingly.

2. Plan One Joyful Activity

Purpose: Intentional joy counteracts chronic stress and fosters emotional resilience.

Whether it's art, music, nature, or solitude, make time for it. This isn't indulgence—it's psychological nourishment.

3. Reset Your Space

Purpose: Our environment influences our mood more than we realize.

- A cluttered space often reflects or contributes to a cluttered mind.
- Weekly resets promote a sense of control and calm.

4. Talk to Someone (Therapist, Coach, Friend or Mentor)

Purpose: Safe conversations are a form of emotional ventilation and growth.

- Talking through challenges with a professional or trusted peer prevents emotional buildup.
- Even monthly check-ins can foster healing, direction, and a deeper sense of self-awareness.



🙏🏽 Bonus: 5 Affirmations

Repeat these aloud or write them down daily:

- “I am allowed to pause.”
- “My emotions matter and deserve space.”
- “Healing is not linear, but it is happening.”
- “I am not a burden. I am human.”
- “Peace is possible, for me too.”

More scriptural affirmations

"I can do all things through Christ who strengthens me." — Philippians 4:13

Affirm: I am strong, capable, and supported by divine strength each day.

"He restores my soul. He leads me in paths of righteousness for His name’s sake." — Psalm 23:3

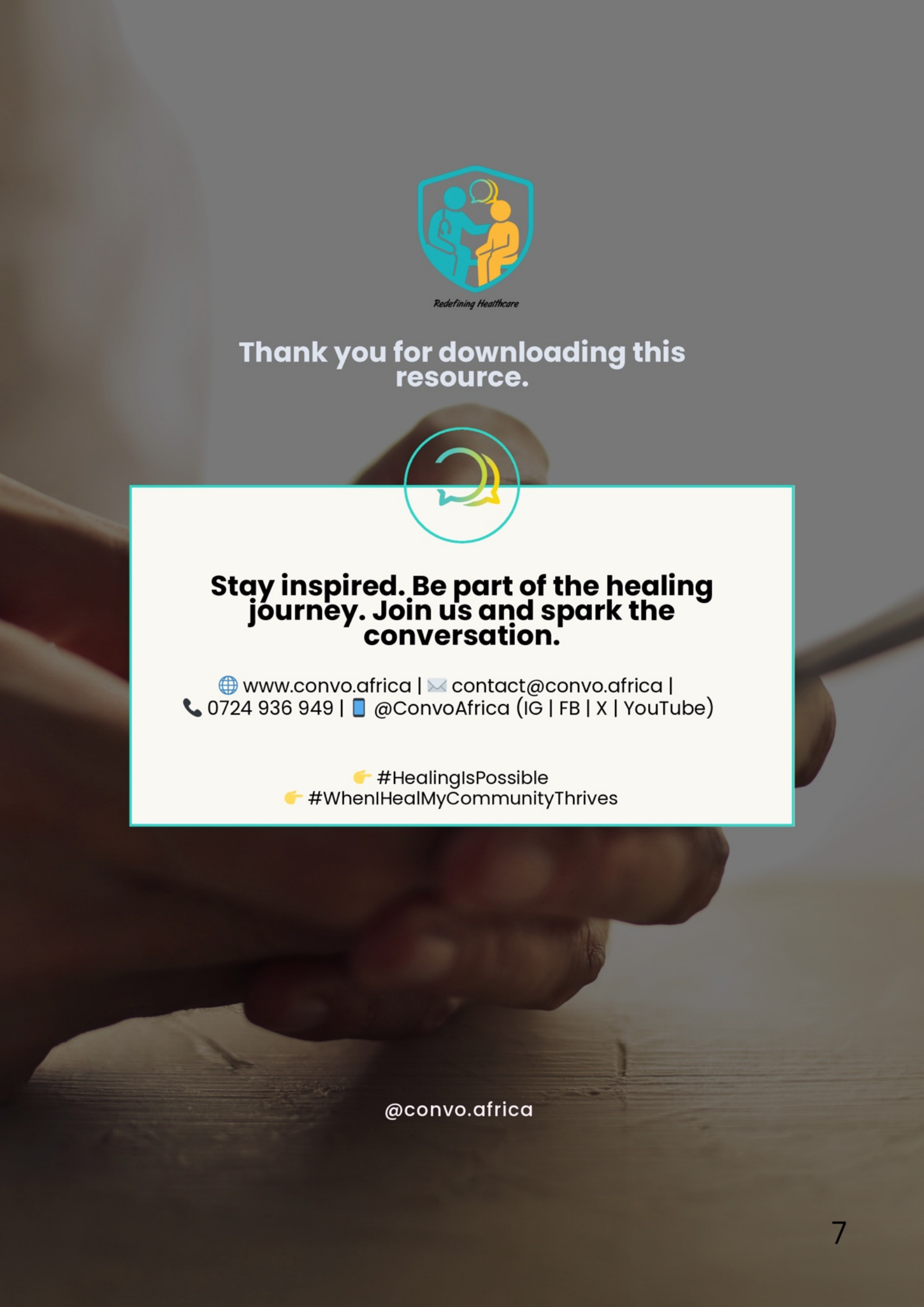
Affirm: My soul is being restored. I am being guided toward peace, healing, and wholeness.

"Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

Affirm: I am allowed to rest. I release every burden and receive peace from God.

📌 Final Encouragement

Mental health self-care doesn’t need to be perfect. Start small. Be consistent. You’re worthy of the same care and attention you give to others.



Thank you for downloading this resource.

Stay inspired. Be part of the healing journey. Join us and spark the conversation.

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👉 #HealingIsPossible
👉 #WhenIHealMyCommunityThrives

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Healing is Possible.

Fostering candid conversations about mental health and challenging misconceptions

Doctor's Bench by Convo Africa empowers mental health recovery through community-led solutions. We bridge gaps with education, screenings, rehabilitation access, counselling, and reintegration support —building pathways to lasting wellness.

Get Support | Join as a Professional | Donate Now

Convo Africa

Convo Africa operates as a multifaceted social enterprise with a focus on addressing pressing social issues through a combination of media and community engagement initiatives.

MISSION

To enhance community well-being by sparking thought-provoking conversations and delivering transformative programs that addresssocial issues across Africa.

VISION

To be Africa's leading platform for conversations that matter —empowering individuals, and communities to thrive through conversations and innovative solutions.

🌍 Core Programs

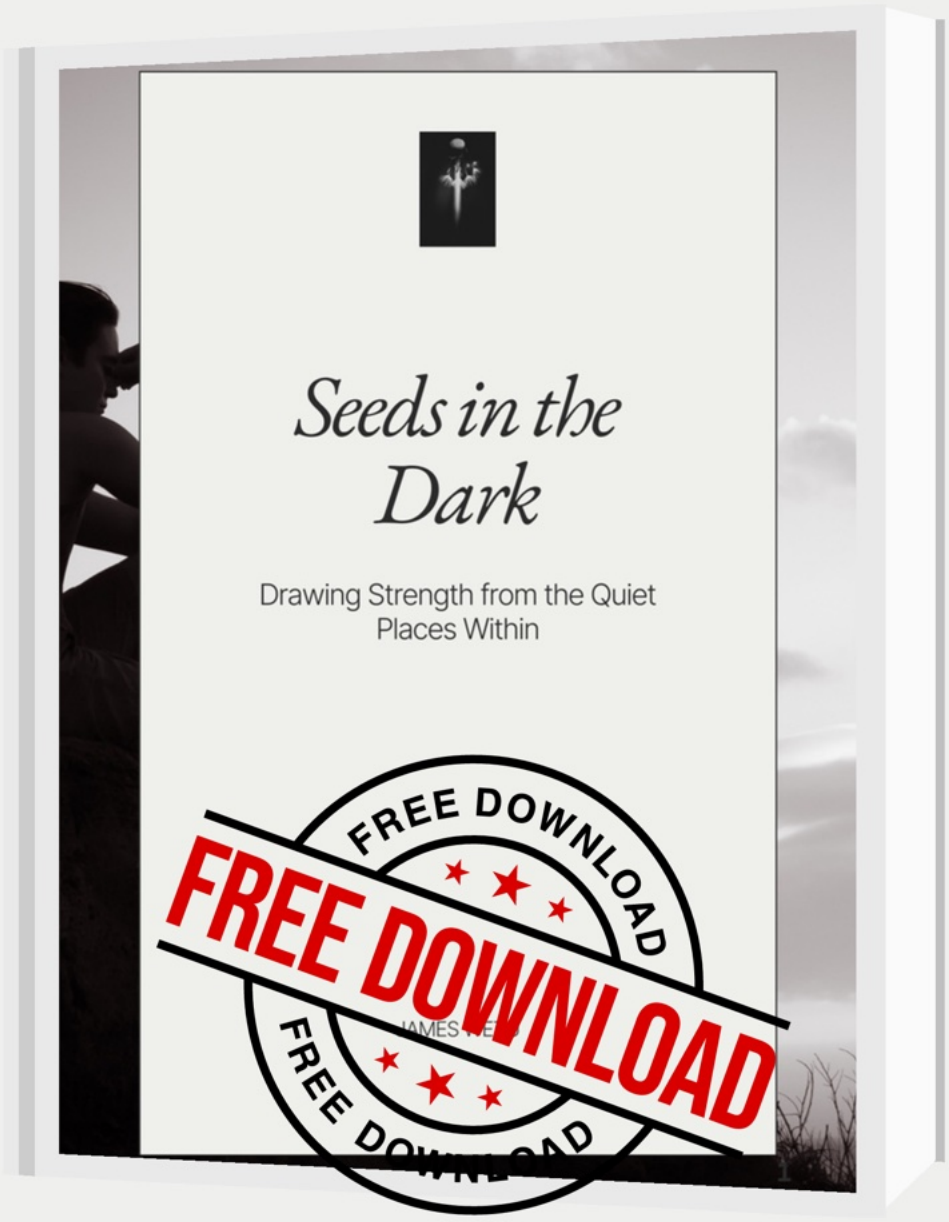
1. **He Matters:** Fostering open and honest conversations around men's mental health, wellness, and empowerment.
2. **Doctor's Bench:** Doctor's Bench, a key initiative, bridges Healthcare Professionals, Patients and their loved ones, empowering informed health decisions, illness prevention, and shared understanding in improving community healthcare. Our goal is to spark conversations that create healthier, connected societies, thus redefining healthcare. Healing is Possible (HIP) - A mental health campaign focused on community education, screening, rehabilitation, and reintegration.
3. **Heartbeats & Horizons:** Empowering youth and young professionals through mentorship, workshops, and networking that build confidence, purpose, and career direction.

📚 Flagship Products

Convo Africa Magazine: A quarterly publication sparking dialogue around family, society, spirituality, business, and health.

👉 Latest issue: Issue 10 – Featuring Pius Muchiri, CFA, CEO, Nabo capital - Financial Wellness and Beyond
🛒 convo.africa/shop

Surgery Journal (Patient's Guidebook) A guided journal to support surgical diagnosis patients from diagnosis to discharge.


Seeds in the Dark
Drawing Strength from the Quiet Places Within
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Doctor's Bench

Redefining *healthcare*

An initiative of Dr. Fridah Wachira

A platform where we can share our experiences as health care workers, patients, and their loved ones

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