

SELF-CARE 24/7:
**EMPOWERING
(YOU)NG KEY
POPULATIONS
EVERY DAY**

FLASHCARD SET

**MENTAL; PHYSICAL;
SEXUAL; COMMUNITY**



The information provided is not intended to serve as medical advice. For personalized medical guidance, please consult a healthcare professional. These resources are designed to complement facility-based care and may require additional support from the health system in certain situations.

WHY SELF-CARE?

SELF-CARE IS..

all about people, families, and communities taking charge of their health, preventing sickness, staying healthy, and handling illnesses, whether or not they have help from a healthcare worker. Using proven and top-notch self-care methods can be super helpful, especially when health systems are down, or hospitals and healthcare services aren't available, like in tough situations or emergencies.

SELF-CARE TOOLS..

and actions help us take better care of ourselves. This means practicing good habits and making lifestyle choices that keep us healthy. These cards will give you tips and actions to try out. They're meant to be used alongside regular healthcare and might need some support from the health system sometimes.

BASED ON THE WORLD HEALTH ORGANISATION..

world-leading mental health organisations and Young Key Population-led (YKP) guidelines, but specially adapted for YKPs in the region, these cards will help you build important skills for mental resilience, coping, and self-care, especially if you're dealing with multiple challenges due to gender, sexual, behavioral, psychological, physical, or other risk factors.

EMPOWER YOURSELF

Self-care lets us take charge of our health, easing the load on healthcare systems. Amazingly, up to 95% of illnesses can be handled on our own (WHO, 1998). Self-care action can empower YKPs and communities to manage their health and well-being.



Make a daily plan

on how you can practice self-care each day to help improve your health and well-being.

Dedicate time

each day to practice self-care to improve your health and well-being.

Establish

a routine that incorporates self-care habits so it becomes a part of your every day life.

Self-Care Quote

"The important thing with self-care is not what it looks like, but what it does for the person and how it makes them feel..."

MENTAL HEALTH

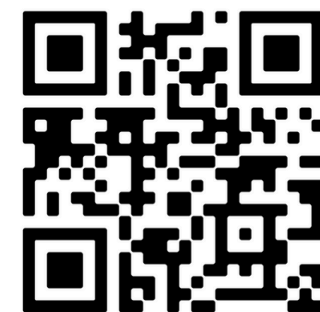
Mental health affects how you feel, think, and act, and issues with it can lead to mental illness, changing your emotions and behaviors negatively. Self-care, like meditation, can help manage stress, build resilience, and improve mental clarity, making you feel calmer and more in control.

Daily meditation

Scan the QR code below for some free meditation apps

Sleep

High-quality sleep for at least 8 hours



SCAN ME

Self-Care Quote

"Your mind will answer most questions if you learn to relax and wait for the answer."



DIGITAL HEALTH

Health literacy, including digital know-how, helps people use self-care tools to improve their health. Self-care methods can link to digital platforms, making it easier to teach and reach young key populations.



Follow

positive and uplifting accounts on social media (quotes, memes, healthy cooking videos, inspirational people)

Mute or remove

accounts that may cause any stress

Stay informed

with the latest health information and recommendations (WHO, UN, CSOs, health advocates, make sure they are evidence-based organisations)

Self-Care Quote

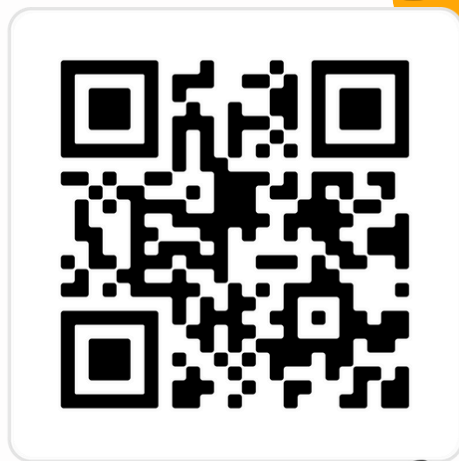
"The most powerful relationship you will ever have is the relationship with yourself."

CINEMATIC ESCAPE

Watching movies is a fantastic self-care strategy because they provide relaxation, emotional release, and a delightful escape from daily life. They can also inspire and connect us, whether we enjoy them alone or with others, enhancing our well-being and relationships.



Scan
for some all-time
comedy favourites



SCAN ME

Scan
for some Korean-
comedy suggestions



SCAN ME

SPIRITUAL CARE

Stay true to your awesome self by identifying your values and making changes that align with them. Being part of a community and believing in something greater than yourself can boost your mental health and happiness.

Visit

a faith healer whose work involves a spiritual approach

Having

faith in the healing properties of a crystal or a stone.

Energy Healing

such as sound bath, reiki

Joining

a place of worship can offer reflection time and emotional support from a like-minded community



MINDFULNESS

Practicing deep, steady breaths regularly, especially when calm, can help you use them more effectively during stress or when trying to fall asleep.



Breathe

in for four seconds, hold for four, then breathe out for four

Download

relaxation Apps for ex. (Calm)

Visual Guidance

videos for ex. (Headspace)

ASMR

(autonomous sensory meridian response) – have fun on YouTube with this!

SELF-REGULATION

It's like learning skills to stay healthy, especially for YKPs. Pay attention to your feelings without judging yourself; it might feel strange at first, but with practice and patience, it gets easier.



Talking

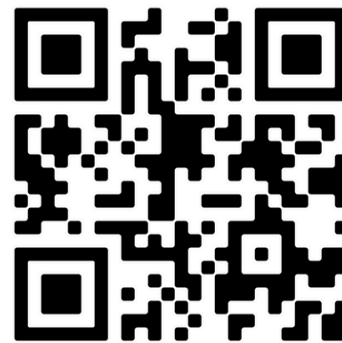
kindly to ourselves, in the same way, we might reassure a small child we care about, is also important. It can be very comforting.

Naming

what we're feeling is also likely to help. So, we can say: "I'm feeling really irritable today but also sad."

Mood playlists

Scan below and explore Spotify's mood genre and have fun creating your own!



SCAN ME

HARM REDUCTION

Cutting back on alcohol and tobacco can greatly boost your health. Drugs might seem like an escape from tough feelings, but they often make things worse. Reducing consumption can sharpen your mind and make your body feel healthier, as hangovers and come-downs can worsen anxiety and depression.



Be aware

of it but don't beat yourself up about it

Try

and recognise your limits and to not cross them

Talk

with someone you trust or an organisation that offers confidential, free information and advice ([Talk To Frank](#))

Self-Care Quote

"Self-care is giving the world the best of you, instead of what's left of you"

SELF-COMPASSION

Be your own best friend! Show yourself kindness and remember everyone has ups and downs. Acceptance means learning to live with situations or feelings over time, and it helps you overcome past difficulties.



Daily affirmations

for ex.

"I have experienced challenges in the past, and I am more resilient because of this"

Daily Gratitude

"Today, I'm grateful for Taylor Swift dropping her new album and this mie goreng my friend made me"

By recognizing..

your past experiences and feelings, you can show yourself compassion for surviving and coping with them

Self-Care Quote

"You can't pour from an empty cup. Take care of yourself first."

BENEFITS OF PHYSICAL ACTIVITY

Exercise reduces depression, anxiety, and stress while improving thinking and sleep. Being active with others can boost your mental health, and regular exercise is a great self-care practice that can save millions of lives each year.

Moving our bodies

See some suggestions below..

cleaning

cycling

weight training

padel

gardening

walking the dog

badminton

yoga

dancing

boxing



FOREST BATHING

In Japan, people use "forest bathing" to boost mental health by enjoying nature's smells, sounds, and textures. Try focusing on trees, plants, and animals around you, take a deep breath, and connect with nature to feel better.



Plan

a trip with friends!

Visit

your nearest
park/botanical garden

If you

don't live near nature,
virtual reality may be
an option for you

Self-Care Quote

"Almost everything will
work again if you
unplug it for a few
minutes, including
you."

SPENDING TIME WITH ANIMALS

Spending time with animals is fun and soothing for mental health. Playing with pets, volunteering at animal rescues, or visiting farms and zoos can calm your mind and reduce stress by lowering cortisol and boosting oxytocin ([Hopkins Medicine](#)).



Offer

to pet-sit

Visit

animal adoption events

Visit

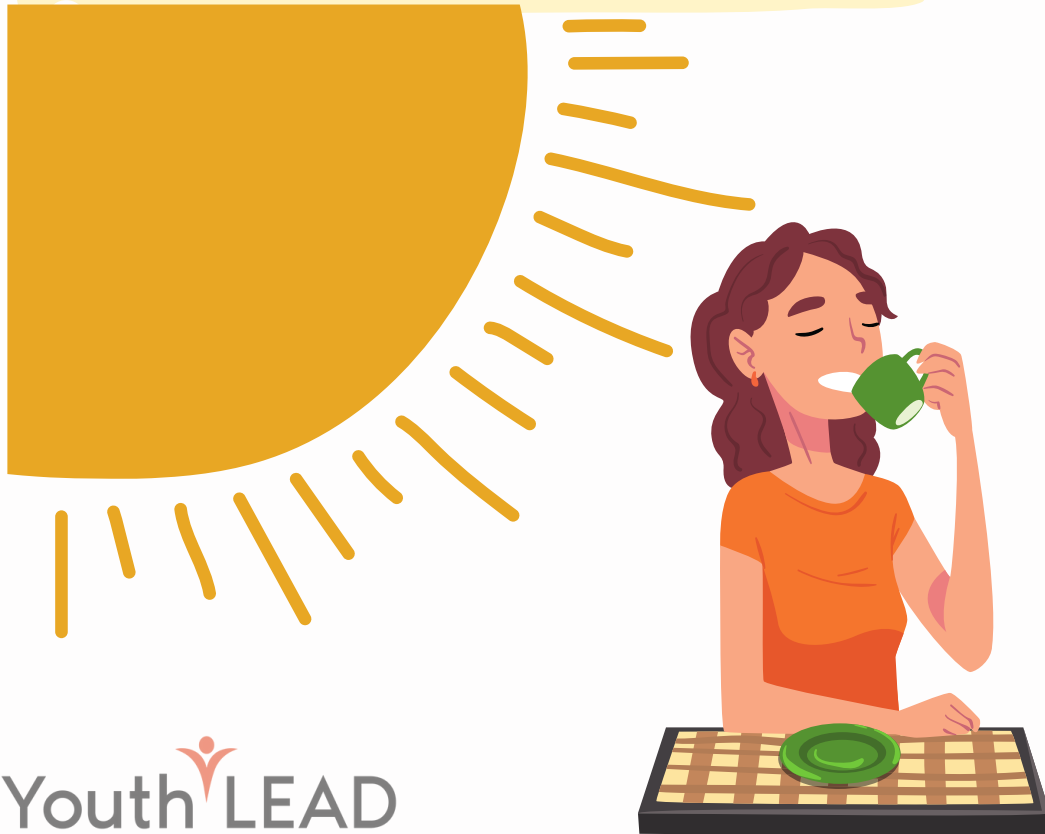
accredited wildlife
and farm animal
sanctuaries

Self-Care Quote

"When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life."

TIME IN THE SUN

Sunlight has many health benefits like lowering blood pressure, boosting mood, and strengthening bones by helping your body absorb calcium. Remember to balance sun exposure with skin protection to stay safe ([SingleCare](#)).



Plan

your day, ensuring 30 minutes of sunlight; the most beneficial time is after you wake up

Have

your morning beverage in sunlight or your route to work in sunlight

Take

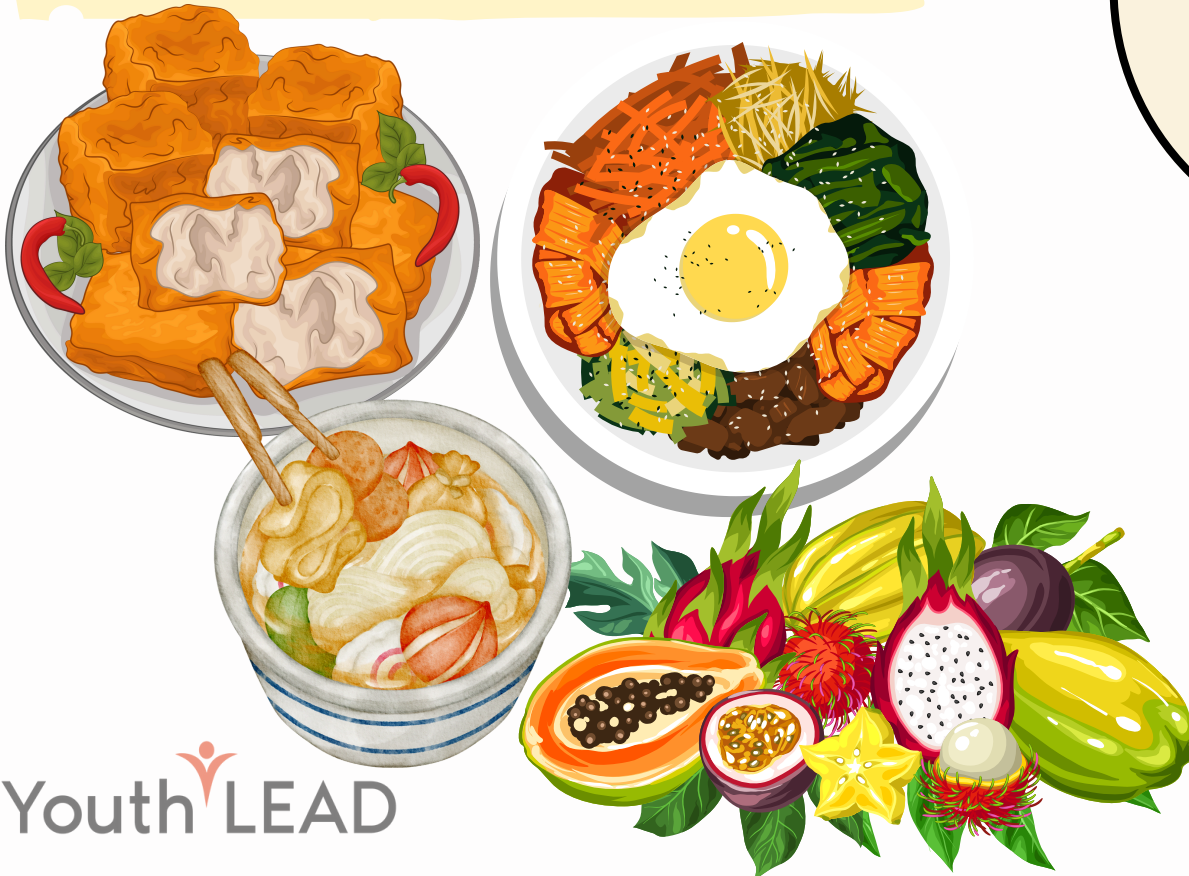
an afternoon walk with a friend

Self-Care Quote

"Taking time to do nothing often brings everything into perspective."

EMPOWER WITHIN

Eat a balanced diet with whole grains, nuts, fruits, veggies, and animal sources for better health. Avoid sugary snacks and drinks that leave you feeling tired. Sharing meals with others can strengthen relationships and support mental health.



Take the time

the time out to prepare your meals for the week

Get advice

from a certified nutritionist

Take

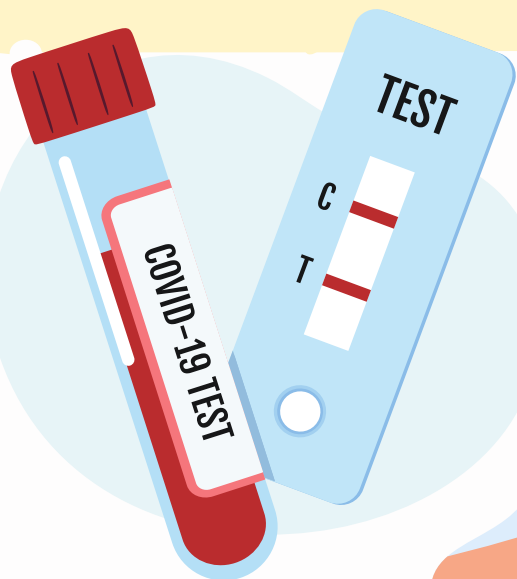
a food allergy test to understand what best works to power your body

Have fun

with food and plan meals with family and friends

SELF-ADMINISTRATION

Taking care of your sexual health is empowering! Understanding your body and making informed decisions keeps you safe. Always follow professional medical advice and use regulated products.



Self-sampling

of human papillomavirus (HPV) is an effective self-care intervention to screen for cervical cancer

Self-tests

for a range of issues such as STI, pregnancy and COVID-19

Prepare

menstrual hygiene packs

Self-Care Quote

"You owe yourself the love that you so freely give to others."

UNDETECTABLE = UNTRANSMISSIBLE

HIV self-tests and monitoring for ART side effects help manage your health. Suppressing viral load keeps HIV low, boosts your immune system, prevents HIV-related problems, and improves your quality of life. Remember, undetectable = untransmissible.



HIV testing

or self-testing

Self-education

on adherence to
treatment

Self-efficacy

to believe in one's
ability to adhere,
control, and create a
stigma-free
environment

Self-Care Quote

"Self-care is how you
take your power
back."

SELF-PROTECTION

Male and female condoms are great for preventing unwanted pregnancies and STIs, including HIV. Learn what protection works best for you and seek advice from a trusted adult, youth center, or peer.



Understand

the laws in your country regarding age and certain types of contraception available and accessible

Examples:

Oral and Injectable PrEP for HIV Prevention, Oral PEP, vaginal ring, male and female condoms, abstinence

Self-Care Quote

"Taking care of yourself doesn't mean me first, it means me too."



SELF-MONITORING

Use cool equipment to track your weight, blood pressure, blood glucose, and lung function. It's also helpful for monitoring your menstrual cycle, managing medication side effects, and checking for signs of illness.



Mood-trackers

Use apps to track your moods and emotions, uncovering what affects your mental well-being

Sport watches

that monitor your heart rate

Self-breast

examination, click on the link for a tutorial

Self-Care Quote

"Caring for myself is not self-indulgence; it is self-preservation."

SUPPORT NETWORKS

Build and nurture your social support before you need it. Friends and family can boost your health, make you more resilient during tough times, and enhance good moments. Surround yourself with people who reduce stress and support your goals.



Volunteer

join a sports team, professional organisations etc.

Explore

youth centers in your community for safe spaces, resources, and support

Organisations

There are amazing organisations that focus on supporting youth with SRHR and HIV ([Youth LEAD Asia Pacific](#))

Healthcare providers are key in promoting self-care, providing accurate info, and improving access to SRHR and HIV services

RESOURCES

Get the right information and knowledge on health issues that interest you. Here are some further resources on your self-care journey. Remember self-care is 24/7 and works to empower (You)ng Key Populations every day!

- [Anna Freud Resources](#)
- [CDC-Info on Adolescent Health, The Centers for Disease Control and Prevention \(CDC\) provides information on various aspects of adolescent health, including sexual health, HIV prevention, and self-care tips.](#)
- [Mental Health Foundation Tips](#)
- [School of Social Work Self-Care Starter Kit](#)
- [Self-Care Toolkit On SRHR And HIV For Young People](#)
- [World Health Organisation Self-Care Fact Sheet](#)
- [Youth LEAD Mental Health and Self-Care Booklet](#)

