

# SELF CARE DAY REPORT

*Organized by the members of Ophelia club of Clinical Psychology and Nephronaughts club of Renal Dialysis Technology, College of Allied Health Sciences, SRM Institute of Science and Technology, Tiruchirappalli Campus*

On July 25, we joyfully celebrated International Self-Care Day - a day dedicated to prioritizing our well-being, nurturing mental and physical health, and promoting self-love and self-awareness. To mark this meaningful occasion, our team organized a series of engaging and reflective activities under the theme "Taking Time for Me". The goal was to encourage participants to reconnect with themselves, reflect on their emotions, and adopt simple yet powerful self-care practices.

Morning Activities Included:

- *Letter to Yourself* – Participants wrote heartfelt letters to their future selves, promoting self-reflection, compassion, and gratitude.
- *Roll the Dice - Self-Care Edition* – A fun and interactive game where each number corresponded to a self-care activity or positive challenge.
- *Vision Board Station* – A creative corner where individuals could visualize their dreams and set future goals using pictures, words, and colors. This activity was coordinated by our team and received great feedback.
- *Self-Care Booth* – An informative booth offering tips, resources, and practical ideas to incorporate self-care into daily routines, including mindfulness practices and nutrition advice.
- *Fitness Challenge* – A short burst of physical activity sessions to highlight the importance of movement in self-care—ranging from yoga stretches to bodyweight exercises.
- *Talk It Out Zone* – A safe space where participants could openly share their thoughts and feelings with peers or volunteers trained in active listening.
- *Draw It Out - Emotions Wall* – An expressive art station where participants could draw, doodle, or color their emotions, promoting emotional release and creative coping.
- *Affirmation Mirror* – A mirror surrounded by empowering affirmations where participants could repeat positive self-statements to enhance self-worth and confidence.

The afternoon was highlighted by insightful and inspiring sessions by two esteemed guests:

Ms. Parameshwari T, a well-known Instagram influencer and mental health advocate, shared her personal journey of self-love and emphasized how digital spaces can be used to spread positivity and wellness.

Mrs. Vasanthi, the Child Development Project Officer (CDPO), spoke about the significance of early self-care practices and the role of family, community, and routine in maintaining emotional and mental balance. She also provided practical tips to integrate self-care into everyday life, especially for young adults.

The entire event served as a gentle reminder that self-care is not a luxury - it's a necessity. Whether it's writing, moving your body, talking things out, or simply pausing to breathe, caring for oneself is the foundation of a healthy life.

