



SADAG Self-Care Guide for Men

Practical Ways to Take Care of Your Mental Health

Looking after your Mental Health doesn't have to be complicated. It's about small, consistent actions that help you stay grounded, connected, and resilient even when life feels heavy.

Here are simple ways to start taking care of your mind and emotional wellbeing:

1. Talk It Out

You don't have to go through things alone. Talking about what you're feeling with a friend, partner, family member, or counsellor can make a huge difference. Sharing lightens the load and helps you gain perspective.

Remember: speaking up is a sign of courage, not weakness.

2. Move Your Body

Physical activity doesn't just strengthen your body, it boosts your mood, relieves tension, and helps you think more clearly. You don't need a gym even a short walk, stretching, or playing sport can lift your spirits.

3. Prioritise Rest

Exhaustion can make stress and Anxiety worse. Try to get enough sleep, take breaks during the day, and set boundaries when you need to recharge. Rest isn't laziness, it's recovery.

4. Eat Well and Stay Hydrated

What you put into your body affects how you feel. Aim for balanced meals, regular water intake, and less caffeine and alcohol. Nourishing your body fuels your mind too.

5. Stay Connected

Isolation can make struggles feel heavier. Stay in touch with people who make you feel safe and understood. Check in with friends, join a SADAG Support Group, or attend community events where you can connect.

6. Manage Stress in Healthy Ways

Find what helps you unwind. It could be journaling, meditation, music, time outdoors, or hobbies. Small daily habits to de-stress can prevent burnout and boost resilience.

7. Ask for Help Early

If you're struggling, don't wait until things feel unbearable. Reaching out early, to a counsellor, helpline, or doctor, can change the outcome. Help is available, and healing begins the moment you talk.

8. Give Back and Show Kindness

Helping others improves your own mental wellbeing too. Whether it's volunteering, mentoring, or simply checking in on a friend. Kindness releases feel-good hormones and reminds you of your purpose.

9. Redefine Strength

Real strength isn't about pretending everything's fine. It's about showing up, speaking up, and taking care of yourself. Every small act of self-care is an act of courage and a step toward healing.