BUZZ

SELF-CARE

Sexual/ Reproductive Rights

HEALTH CALL!!!

To **BUZZ** where our welcome is a health call

WHO WE ARE

We are BUZZ, a publication of Society for Family Health (SFH). SFH is a leading public health NGO in Nigeria, working in partnership with the government, local and international donors and partners in the delivery of health programmes aimed at malaria prevention and control, delivery of safe water systems, prevention and treatment of HIV& AIDS, improvement of maternal, neonatal and child health services and access, expansion of family planning access, provision of tuberculosis prevention & treatment services, etc.

BUZZ is our youth-focused newsletter that brings you updates on all our youth programmes and interventions, it is also aimed at informing donors and youth-led organisations of the opportunities to partner with SFH. This newsletter will be providing general tips for living a healthy, youthful, and productive lifestyle.

In this ninth edition of BUZZ, we aim to provide information on Addressing **Self-Care linked with Sexual/ Reproductive Rights**

What is Self-Care?

"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare." - **Audre Lorde**

In general terms, Self-Care can be described as the practice of taking action to preserve or improve one's own health or the performance of activities that you enjoy or that are calming, especially to improve or avoid stress. However, let's look at the WHO definition of Selfcare:

'Individuals, families, and communities' ability to promote health, prevent disease, maintain health, and cope with illness and disability with or without the assistance of a healthcare provider."

Self-care is the deliberate act of doing things to maintain or improve one's mental or physical health. Self-care is a broad concept that encompasses personal and general hygiene; nutrition (type and quality of food consumed); lifestyle (sporting activities, leisure, and so on); environmental factors (living conditions, social habits, and so on); socioeconomic factors (income level, cultural beliefs, and so on); and self-medication.

Why is Self-care Important?

Self-care Self-care is an essential component of leading a healthy and happy life. Taking care of oneself mentally and physically is essential to regaining control of your health. We live increasingly busy lives, and it's easy to forget to prioritise yourself, especially if you have several duties and others to look after. However, taking care of yourself will make you feel better, and the better you feel, the better you will be in all aspects of your life, including work and relationships. Self-care doesn't have to take up a lot of time or cost a lot of money. Taking a bath, relaxing with a nice book, going for a walk outside, or eating your favourite dish could all be examples. It's about committing to putting yourself first, even if just for a short time.

The International Self Care Foundation has included health literacy as a pillar of self-care, meaning that any steps you take toward better understanding health information to make appropriate decisions about your health and well-being counts as self-care.

1. https://www.selfcarefederation.org/what-is-self-care
2. https://dictionary.cambridge.org/dictionary/english/self-care
3. https://www.ncbi.nlm.nih.gov/books/NBK544155/
4. https://www.circlehealthgroup.co.uk/health-matters/health-and-wellbeing/what-is-self-care-and-why-is-it-important

Benefits of Selfcare

The benefit of Self Care is three-fold which are:

Better choice Self-care gives people greater availability of effective healthcare. It saves individuals time and effort, by allowing them to manage many health conditions conveniently and successfully by themselves. It lets individuals address basic needs without the complications and added effort of going to see a doctor.

Better care Self-care empowers people to take their health and wellbeing into their own hands, giving them the incentive to improve their quality of life. It plays a key role in the prevention of certain conditions and improves recovery times where total prevention fails. It's a critical part of well-being at all stages of life.

Better value Self-care helps combat rising healthcare costs around the world. Short-term investments in self-care lead to demonstrable long-term savings for governments and healthcare industries across the world. Self-care eases the workload of strained healthcare systems by enabling them to allocate resources more efficiently and effectively.

The global population is aging with an ever-greater need for better chronic disease management. At the same time, the consumer journey is rapidly evolving, impacting how individuals interact with healthcare providers and buy self-care

1.https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response
2.https://www.cdc.gov/ncbddd/adhd/facts.html#:~:text=ADHD%20is%20one%20of%20the,)%2C%20or%20be%20overly%20active
3.https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/07/mental-health-disorders-in-adolescents

Types of Self-Care

Emotional self-care

Emotional self-care entails becoming more aware of our feelings. Our ability to control our emotions and deal with negative emotions when they come is critical to our happiness and overall quality of life. That is why emotional self-care is so important. It consists of the actions we take to connect with our emotions and process them in a healthy way. Journaling, talking to a therapist, using affirmation, meditation, and practising gratitude are some examples.

Paying attention to how you speak to yourself is the best way to begin caring for your emotional health. Recognizing when you're engaging in negative self-talk is a crucial first step toward quitting a bad habit. The second step is to replace that negative self-talk with words that are loving and kind.

Physical self-care

Physical self-care is probably what most people think of when they hear the words "self-care." While taking care of our bodies is an important part of self-care, it does not have to include a rigorous exercise plan. While it is vital for everyone to take care of themselves physically, how you do so will be determined by your lifestyle. Taking your dog for a walk would be a terrific form of self-care if you've been sitting in an office chair all day. If you've been working in construction all day, you might want to end your shift with some restorative yoga. Some examples include yoga, a calming bubble bath, dancing to your favourite song, getting a massage, and working out.

Mental self-care

Anything you do specifically to engage your mind and nurture a healthy mentality is considered mental self-care. It's not about achieving nirvana in your mind; it's about understanding and cultivating a love relationship with it. Your psychological well-being is strongly influenced by the way you think and the things you occupy your head with. Mental self-care involves activities that keep your mind sharp, such as puzzles or learning about a topic that interests you. Reading books or viewing movies that inspire you may help to keep your thoughts going. It also entails doing actions that promote mental well-being. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue. Listening to podcasts, trying a new hobby, visiting a museum, reading a book, and other forms of mental self-care are examples.

DID YOU KNOW?

Self-care makes you more energetic and mentally present. You technically don't have to do anything and it can still be an act of self-care.

DID YOU KNOW?

Self-care is for everyone. In fact, you're already doing it. Even the most basic functions of life count as self-care. If you're brushing your teeth, you're practicing self-care

1. https://www.bustle.com/wellness/types-of-self-care-how-to-practice-experts
2. https://www.healthcoachinstitute.com/articles/7-types-of-self-care/
3. https://www.opdi.org/de/cache/resources/11/rs_6%20Types%20of%20Self-Care.pdf
4. https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729

Social self-care

Humans are social beings, which means we need to interact with others on a regular basis in order to survive. That's why prioritising social self-care or activities that strengthen our social bonds is so important. Close relationships are beneficial to your health. Investing time and energy into cultivating and maintaining intimate relationships with people is the most effective way to do so. If you live alone or thrive on the energy of face-to-face interaction, you may be in need of some additional social self-care lately. Remember that networking with people is a necessity, not a luxury, even when you're busy with life. Hosting a game night with friends, going out with friends or significant others, writing a card and emailing to loved ones are all examples of social self-care.

Spiritual Self-care

According to research, religion or spirituality is associated with a healthier lifestyle. However, spiritual development does not have to be religious. It can be anything that aids in the development of a greater feeling of meaning, comprehension, or connection with the cosmos. Everyone, whether religious, atheist, agnostic, or otherwise, can benefit from this type of self-care. Spiritual self-care refers to any activity that allows you to connect with and nourish your spirit. It's all about connecting with your inner spirit in this activity. This could include acts that honour a belief in a higher power for some (God, the universe, or whatever guides you). Spending time in nature, praying or attending a worship service, practising yoga, volunteering for a cause you care about are all examples.

Professional self-care

Professional self-care is also an important component of making your day-to-day as efficient as possible so you can focus less on work. Even if you enjoy your job and find it to be relatively stress-free, including a safe-care plan is essential. Catching's advice is to keep disciplined calendars or to-do lists with clear distinctions between business and personal obligations. Determine what you really must do at work today and create the boundaries you'll need at home to finish what's left tomorrow (and not after you eat dinner). Setting a calendar reminder to take a lunch break; spending time with co-workers after work hours; setting your phone to "Do Not Disturb" at the end of the workday; taking courses; attending conferences; working with a mentor to develop your skills and support your desired career path; and taking a mental health (or sick) day when needed are all examples of professional self-care.

Digital Self-Care

Recent advancements in health practises that were once solely under the jurisdiction of healthcare professionals but may now be safely self-administered have shifted how people think about self-care. With the expansion of mobile phones, smart phone applications, internet access, and artificial intelligence, people are discovering new ways to engage in self-care. Digital platforms offer a means to facilitate and promote self-care that provides privacy for individuals who may otherwise be subjected to stigma and discrimination when seeking care and services in the formal health care system. This way, youths can have access to self-care under their roofs and without stigmatization.

My Paddi app is an example of a digital health tool. It's a youth-friendly platform that provides young Nigerians access to accurate, unbiased, and youth-friendly sexual and reproductive health information. It ensures complete anonymity and encourages users to share their challenges without fear of judgement. This app bridges this critical gap in sexual and reproductive health care delivery among this important demographic group. This app can be used free of charge or with a small subscription fee. Another example is the Better Help app. It's a convenient way to get professional help from licenced therapists.

This works by getting matched to a licenced therapist based on your needs and preferences, after a questionnaire has been filled out. Thereafter, you and your therapist will get your secure and private "therapy room" where you can message your therapist at any time, from any internet-connected device, wherever you are. You can also schedule a weekly session to speak live with your therapist over video or phone, depending on which is convenient for you.

1. https://www.psi.org/wp-content/uploads/2020/09/Digital-Self-Care-Final.pdf

DISC DIGITAL ASSET:

Delivery Innovation in Self-care (DISC) is one of SFH's project, and it aims to demonstrate that self-care, beginning with contraceptive self-injection is a cornerstone of Sexual Reproductive Health (SRH) care. This project has a self-care digital tool which is called DISC DIGITAL ASSESTS. The DISC digital assets can be used two ways;

Digital Companion – Above the line strategy

What types of information and support does the digital companion provide to clients?

1. Information on the self-inject contraceptive, including advantages and disadvantages.

2. Information on other contraceptive methods

3. Supports clients in finding outlets and clinics close to them (including yours!) that provide contraceptive services(Geo-Locator)

4. Allows the client to provide feedback on their service experience.

5. Provides self-inject training videos and instructions.

6. Clients can enroll to receive reminders for their next contraceptive method refill or re-injection.

7. Toll free, Call-back, help desk feature.
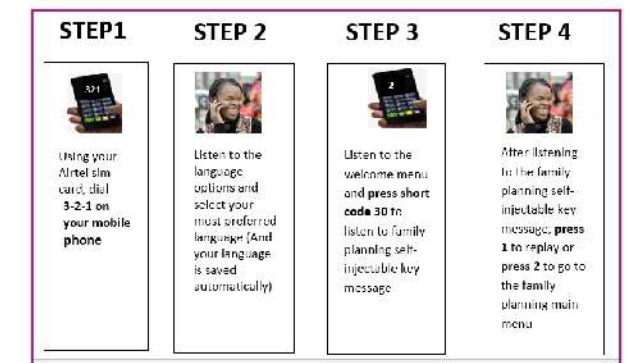
8. Chat with a live agent on WhatsApp.

Meet Tina
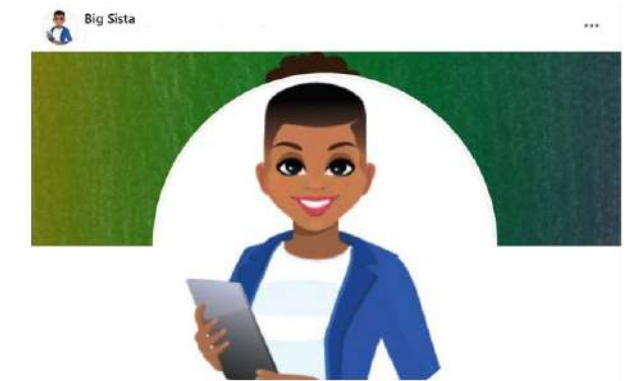
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Digital Companion

3-2-1 Interactive Voice response program

3-2-1 is an automated, toll-free information service where project beneficiaries and the entire public can call to access information on several interesting topics on health, agriculture, education etc.

Using an Airtel SIM card, individuals can dial 321 on their mobile phones to listen to family planning self-injectable key message or call +234708 060 1391 (Normal cost charges).

STEP1	STEP 2	STEP 3	STEP 4
Using your Airtel sim card, dial **3-2-1** on your mobile phone	Listen to the language options and select your most preferred language (And your language is saved automatically)	Listen to the welcome menu and press short code 30 to listen to family planning self-injectable key message	After listening to the family planning self-injectable key message, press 1 to replay or press 2 to go to the family planning main menu

Big Sista

Big Sista is a digital platform on Facebook Chat box, this platform was created by the A360 Amplify A360 project, and is hosted on the Facebook messenger. Big sista provides real time information to adolescent girls and young women (AGYW) as well as referral for health services and information. The topics built in range from menstrual, SRH information and contraception amongst others.

The Big Sista Chatbot Pilot was launched in February 2021. In a month, the Chat Bot had 848 unique users and 515 returning users, of which 98% were female users. 90% engagement rate was recorded.

Grand Challenges Canada –
Adolescents and Young Persons Project

This is an Innovative Learning Platform for Adolescents Sexual Reproductive Health Services Provision, which is being implemented in Abia and Bauchi States. The project aims at improving the knowledge, skills and attitudes of Sexual Reproductive Health and Rights (SRHR) services among Health Care Workers (HCWs) and educators who will be providing services for adolescents, including key population (KP).

Critically, many lifelong habits are formed during adolescence and these shape future health, social and economic outcomes in important ways. Supporting young people to make a healthy transition to adulthood is a sound health investment.

Adolescents face major challenges in accessing quality sexual and reproductive health and rights (SRHR) care in Nigeria. Obtaining information is even more challenging for adolescents in key population groups, where they often face a hostile legal and social environment, stigma, discrimination, and widespread, sometimes violent homophobia etc.

The GCC-AYP project has selected Champions in the communities of implementation which are an integral process of almost every reproductive health programming. They are integral because they help to mobilize clients (majorly youths) to the health facilities for services. As is the norm, the Champions were trained on GCC-AYP project specifics and how to sign post adolescents and young persons to health facilities where a provider has been trained. These Champions are amazing role models that wield influence within their communities. The in-person training exposed them to the referral pathways for adolescents and young persons.

GCC-AYP Champions

Project Implementation Strategy

Interactive software platform (Medical Learning Hub) to train Health Care Providers on provision of SRH
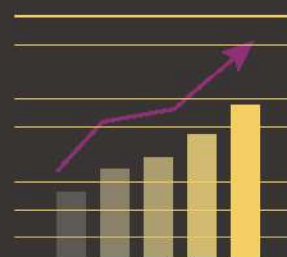
Referral of AYPs to trained HCPs by peers for SRHR services

Assess clients' (AYPs) satisfaction with services received via a Client Exit Interview

QUIZ ON BUZZ

- How many times was the word "**self-care**" mentioned in this edition of buzz?

- State three (3) benefits of **self-care** according to Buzz

- What is **self-care** to you?

- What was the Topic of Buzz Q1 eight edition?

BUZZ

SFH Youth-Focused Newsletter

STAY IN TOUCH

Buzz would love to hear your thoughts, questions and contributions, send us an email at buzz@sfhnigeria.org

Your comment or question might just be included in our next publication.

For partnership and sponsorship as well as information on our interventions, products and services, contact:

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#SFHYouth

http://www.sfhnigeria.org/youth-programming/