

15 Evidence-Based Self-Care Strategies for Women's Mental Wellness

By Melkisedeck Leon Shine · June 6, 2025

Women's Health and Wellness

Prioritizing Mental Wellness: A Comprehensive Self-Care Framework for Women

Fifteen Pillars of Mental Wellness: A Comprehensive Self-Care Approach

Conclusion and Recommendations

This holistic self-care framework presents a multifaceted approach to mental wellness, integrating principles from various psychological and physiological domains. The outlined strategies offer a comprehensive toolkit for women to proactively manage stress, enhance resilience, and cultivate thriving mental well-being. Successful implementation necessitates consistent effort, self-compassion, and adaptability to individual needs. Future research should examine the effectiveness of these strategies across diverse populations and cultural contexts, including the development of culturally sensitive interventions. Longitudinal studies are needed to understand the long-term effects of sustained self-care practices on overall well-being. Widespread adoption of these strategies has the potential to significantly improve women's mental health outcomes, reducing healthcare costs and increasing workforce productivity. Further investigation into the mediating and moderating factors that influence the efficacy of these self-care

strategies would enhance our understanding and refine their application. A mixed-methods approach combining quantitative and qualitative research methodologies could be valuable for a more comprehensive understanding of the impact and feasibility of these self-care strategies.

Reader Pool: Considering the complexities of individual experiences and diverse sociocultural contexts, how can we best tailor and disseminate this self-care framework to ensure its accessibility, relevance, and effectiveness for a wide range of women?

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