

YOUR PERSONALITY AND YOUR SELF-CARE



MENTAL

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MONDAY

People experience stress differently.

Self-care and maintaining mental wellness can significantly reduce stress and improve overall well-being. Here are some self-care tips and challenges to reduce stress for your specific personality.

ANALYSTS

INTJ PERSONALITY (“THE ARCHITECT”)

Imaginative and strategic thinkers, with a plan for everything

SELF-CARE

Learn to value each moment, breathe and try to see the light in simplicity. These small efforts every day will encourage you to plan without losing your calm. When you turn your attention to your breathe, as it comes in and out, appreciating that flow will give you peace.



INTP PERSONALITY (“THE LOGICIAN”)

Innovative inventors with an unquenchable thirst for knowledge.

SELF-CARE

Take some time off and enjoy the view, walk and interact with others. You may obtain more ideas that probably weren't clear before. Set a reminder for every morning when you get up, and put a note that says “meditate” somewhere where you'll see it. This will also help ideas to blossom.



ENTP PERSONALITY (“THE DEBATER”)

Smart and curious thinkers who cannot resist an intellectual challenge.

SELF-CARE

Listen and breathe. No matter how out-of-control your day is, no matter how stressful your job or life becomes, the act of being present can become an oasis. This can change your life in many ways and it's incredibly simple.



ENTJ PERSONALITY (“THE COMMANDER”)

Bold, imaginative and strong-willed leaders, always finding a way or making one

SELF-CARE

Learn to focus completely on doing one thing, not many. Sit down or go on a short walk and pay attention to every aspect of what you're doing, to your body, to the sensations, to your thoughts. This will allow you to make the right decision. The less you strain to find the answers, the more likely they are to come to you.



DIPLOMATS

INFJ PERSONALITY (“THE ADVOCATE”)

Quiet and mystical, yet inspiring and tireless idealists.

SELF-CARE

Leave your comfort zone from time to time and talk to people you would normally not talk to. This will create interactions with others and allow you to see life with different lenses.



INFP PERSONALITY (“THE MEDIATOR”)

Poetic, kind and altruistic people, always eager to help a good cause.

SELF-CARE

You are always helping others, but deep down we all need help, so you will be the one that will be helped. Face your challenges with the help of others instead of doing it alone.



ENEJ PERSONALITY (“THE PROTAGONIST”)

Charismatic and inspiring leaders, able to mesmerize their listener.

SELF-CARE

Sit with your feelings and simply observe them instead of trying to change them. Let go of the mentality that certain feelings are bad and that you need to be positive all the time. Instead, let yourself feel. mesmerize yourself by loving yourself and by slowing down.



ENFP PERSONALITY (“THE CAMPAIGNER”)

Enthusiastic, creative, and sociable free spirits, who can always find a reason to smile.

SELF-CARE

Take time to meditate. In many ways, it is a fantastic practice because it removes much of the complexity of the world and allows you to just learn to be aware of your mind, and to bring yourself back to the present moment. This will allow others to listen to you and to pay careful attention.



SENTINELS

ISTJ PERSONALITY (“THE LOGISTICAN”)

Practical, sense of integrity and reliable.

SELF-CARE

Take time to reflect! Take a nature walk and notice the different sounds, smells and sights; exercise! This will increase stress-relieving endorphins and clear your head of worry.



ISEJ PERSONALITY (“THE DEFENDER”)

Dedicated and warm protector, defender.

SELF-CARE

Catch up on your personal needs! Take a few moments to create a list of your desires and needs; vent your feelings in a journal or to a trusted friend.



ESTJ PERSONALITY (“THE EXECUTIVE”)

Represents tradition and order, possesses leadership qualities.

SELF-CARE

Don't forget to relax! Engage in a hands-on hobby like cooking, crafting or gardening; play a fun sport with friends.



ESEJ PERSONALITY (“THE CONSUL”)

Caring, social, popular and a hands-on helper.

SELF-CARE

Make sure to connect with friends and yourself! Meet a friend for coffee and a conversation; sing along to your favorite songs.



EXPLORERS

ISTP PERSONALITY (“THE VIRTUOSO”)

Bold, practical and a master of many tools.

SELF-CARE

Keep engaged! Participate in a sport or play a game that requires concentration (e.g. football, chess). Catch up on needed rest.



ISFP PERSONALITY (“THE ADVENTURER”)

Flexible, charming artist and a daring explorer.

SELF-CARE

De-stress and reflect! Keep a journal of your thoughts and feelings; enjoy some stress reducing snacks in moderation (e.g. nuts, dark chocolate, bell peppers).



ESTP PERSONALITY (“THE ENTREPRENEUR”)

Charismatic, adventurous and energetic.

SELF-CARE

Recharge before getting back into action! Relax at home with a favorite TV series and a healthy snack; enjoy a couple of safe, impromptu decisions (e.g. a spontaneous trip to get ice cream).



ESEF PERSONALITY (“THE ENTERTAINER”)

Spontaneous, energetic and compassionate.

SELF-CARE

Balance your time wisely! Get some alone time, listen to music and process your feelings. Go out for dinner or coffee with a few trusted friends.



TIP

Don't know your personality? Take a free personality test at 16personalities.com

About DNH

Do No Harm Foundation is focused on promoting greater awareness to mental health. Do No Harm's mission is to break the current stigma around mental health by raising awareness and providing various hands-on tools to alleviate stress, depression and anxiety.