- Health self-care

# YOUNG PEOPLE

## Why It Is Important

New Straits Times · 24 Mar 2026 · C21

IN this modern era, the lives of young people are often filled with pressure. From academic demands and work responsibilities to social expectations, all of these can affect mental and physical well-being.



Therefore, the practice of self-care has become increasingly important in helping young people balance the challenges of life. Self-care is not only about taking care of oneself physically but also about maintaining mental, emotional, and spiritual health.

The practice of self-care helps young people reduce stress. Today's world, which is heavily influenced by technology and social media, often leads to feelings of pressure, anxiety, and inadequacy. Many young people fall into the trap of comparing themselves with others who appear "perfect" on social media, without realising that real life is very different. By paying attention to their own needs, they can reduce these negative feelings and focus more on their mental well-being.

In addition, self-care can also increase productivity. When individuals pay attention to their personal needs, such as getting enough sleep, eating healthily, and exercising regularly, they tend to feel more energetic and motivated. This directly helps them achieve their personal and career goals more effectively.

To begin practising self-care, the first step is to understand one's own needs. Each individual has a different way of caring for themselves, so it is important to try various approaches and discover what works best. One way is to set aside time for yourself. In the busyness of life, many people forget to give attention to their own well-being. Taking a little time each day to relax, whether by reading a book, listening to music, or simply taking a walk, can help refresh both the mind and body.

Furthermore, adopting a healthy lifestyle is essential. A balanced diet, sufficient sleep, and regular exercise are three key elements in maintaining both physical and mental health. Young people should prioritise getting enough sleep every night, eating nutritious foods, and engaging in physical activities regularly. Maintaining emotional balance is equally important. Self-care is not only about physical well-being but also about emotional health. Young people should learn how to recognise and manage their emotions in a healthy way.

It is also important to maintain a positive mindset, as many individuals become trapped in negative thinking, which can worsen their situation. Changing one's mindset toward more positive thinking can have a significant impact on mental well-being. Focus on achievements that have already been accomplished and practise gratitude for the small things in life. Self-care does not mean that you have to do everything alone. Seeking support from family, friends, or counsellors can help reduce emotional burdens and provide encouragement to move forward.

In conclusion, self-care is an aspect that should not be taken lightly, especially for young people who face many challenges in life. By paying attention to our own well-being, we can not only improve our quality of life but also become more productive and positive in facing life's difficulties.

Therefore, start practising selfcare today, because happiness and personal well-being are truly valuable.