

MINDFUL SELF-CARE DEVELOPMENT AND PRACTICE: A GUIDE TO HEALTHY LIFESTYLE

DESENVOLVIMENTO E PRÁTICA CONSCIENTES DO AUTOCUIDADO: UM GUIA PARA ESTILO DE VIDA SAUDÁVEL

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Received: 09/30/2022

Accepted: 10/05/2022

Published: 10/06/2022

Abstract: The study is focused on mindful self-care development and practice as a guide to healthy lifestyle where it examines self-care and mindful development and practice among health care professionals. It also examines the challenges on mindful self-care development and practice among the respondents, and addresses self-care and mindful development and practice as guide to a healthy lifestyle. The research design employs the qualitative descriptive approach which deals with the Focus Group Discussion (FGD). The participants of the study are the various health care professionals, and clinical psychologists from the various professional allies where it comprised ninety (90) respondents only. Results show that the study creates relaxation through their own hobbies, show to practice exercising their body and mind, show to acknowledge difficulties and challenges with passion and faith that they can surpass such situation, show that people are confident in expressing their thoughts and feelings, honestly of saying yes or no depends on the situation where they believe that in expressing their feelings would free them from any stress, show that most of them need a manageable time frame and maintenance for the support and structure, and show that they need to exercise thought of being calm because it is needed to maintain self-care development and support.

Keywords: Mindful self-care development and practices. Guide to healthy lifestyle. Mindful relaxation. Physical care. Self-compassion and purpose. Support relationship. Support structure. Mindful awareness.

Resumo: O estudo está focado no desenvolvimento e prática consciente do autocuidado como um guia para um estilo de vida saudável onde se examina o autocuidado e o desenvolvimento e prática consciente entre os profissionais de saúde. Ele também examina os desafios do desenvolvimento e prática de autocuidado entre os respondentes, e aborda o desenvolvimento e prática de autocuidado e de autocuidado como um guia para um estilo de vida saudável. O desenho da pesquisa emprega a abordagem descritiva qualitativa que lida com a Discussão do Grupo de Foco (FGD). Os participantes do estudo são os vários profissionais de saúde e psicólogos clínicos dos vários aliados profissionais, onde o estudo incluiu apenas noventa (90) respondentes. Os resultados mostram que o estudo cria relaxamento através de seus próprios passatempos, mostra para praticar o exercício de seu corpo e mente, mostra para reconhecer as

dificuldades e desafios com paixão e fé que podem superar tal situação, mostra que as pessoas estão confiantes em expressar seus pensamentos e sentimentos, honestamente dizer sim ou não depende da situação em que acreditam que ao expressar seus sentimentos os libertaria de qualquer estresse, mostra que a maioria deles precisa de um período de tempo e manutenção gerenciável para o apoio e estrutura, e mostra que precisam exercitar o pensamento de estar calmos porque é necessário para manter o desenvolvimento e o apoio do autocuidado.

Palavras-chave: Desenvolvimento e práticas conscientes de autocuidado. Guia para um estilo de vida saudável. Relaxamento consciente. Cuidados físicos. Autocompaixão e propósito. Relação de apoio. Estrutura de apoio. Consciência consciente.

Introduction

Mindful self-care is a practice in the active role on protecting and taking care of well-being, resources, and responding to having the ability for pursuing happiness in practice and development that balanced health crisis. This is a guide to a healthy lifestyle. Self-care means referring to what is needed in the self-esteem of individual. It can be simple when being observed but hard in the process of implementation due to lack of discipline and habit. Mindfulness of self-care is the series of trends and techniques that manages the thought of a better process. It enables the techniques to take care of mental health. It is a development and practice that can guide to a healthy lifestyle. It highlights the mindful self-care and practice in the level stress and workplace. It increases perception of less autonomy and ambiguity in life and role. This is effective mindful setting and self-care for development and practice. It improves mindful effectiveness and self-care well-being to address healthy lifestyle and healthy living. This is to determine the program and sustainability of mindful self-care and practice development aspect of human being. It provides skills to improve resiliency stress management behavior and self-care to individual well-being. It provides individual impact in self-care management program mindset of well-being, (Hegney, et al., 2021). It explores how to engage and conceptualize self-care practice and development as essential component in fostering maintenance of mental health and physical health. This will lead to prevention of enhancing therapeutic practice and development in life. There are many hindrances and barriers identified for self-care practice to foster the need in prioritizing healthy living and healthy lifestyle. It indicates that self-care requires approach and collaboration in a broader welfare of individual system. It improves specific training, self-care, coaching, and resources of vital and identified outcome, (Miko, Berger, & Krishnamoorthy, 2022).

On the other hand, it is the self-care and concept in facing challenges due to influence of environment and people around like family and loved ones. It is the self-care and human right. People of colour sometimes deny the medical treatment of psychological issues in the mindset as self-care procedure

and health development that affect mindful healthy lifestyle. Self-care is a matter of individual life and individual death. Mental health and psychology has been identified in enhancing the concept and self-care for the well-being and values of the various individuals and practices. The self-care and mindful concept challenge limitation of self-care practitioners. It enacts experiences and understands mindful self-care practice and development. This better understands concept of self-care and mindfulness especially on challenges faced during the process of life. It focuses on self-care management, hurdles, and challenge facilitation. It explores the contribution of mindful self-care and understanding. It perceives self-care and interaction ability to enact pathway for self-awareness and analysis, (Martin, Quartiroli, & Wagstaff, 2022). They are fighting in a battle that exhausts support within themselves. It is the basic idea for being cared-off, providing necessary resources mindful development and practice as individual. Mindful self-care is not about hindering the thoughts, it is all about finding ways of being new individual to make life happy due to healthy living. It focuses on skills that equip to respond and grow positively in any hardship and difficulties faced in professional or personal life. It builds on resilience and focuses on a healthy lifestyle. It is the self-approach for self-care in resilience building. It is the process of relaxation and opportunities to rejuvenate realization needed for self-care and mindfulness development practice within individual life, (Riegel, et a., 2021).

Moreover, addressing the mindfulness and self-care development and practice pays attention to the thoughts and behaviour in curiosity and generosity intention for the knowledge of the mind. It is a sensation of feelings, thoughts, and learning in new ways. It explores development and practice of self-care and mindfulness in the process. It explores self-care and practice journey of individual care in mindfulness process on communication based and practice. It analyses the framework in reflection of learning and transformation theory relative to mindful self-care and development practice. It encourages mindfulness of critical framing development, self-care vitality, and internalized awareness of oppression, reflexive support, and service engagement to mitigate role and conflict of related work stress. It focuses on synergy mindful self-care development and practice among the respondents, (McCusker, 2022). On the other hand, self-care mindfulness and effect in development and practice reflect in vitalities, necessities, and habits of an individual person. It also provides passive intervention, and self-care control condition. It explores subjective happiness and outcome of the primary variable in mindful self-care of individual person. This includes variables of self-compassion, mindfulness self-care, and coping active tendency. Negative stress decreases the affect and intervention of relative self-care, and mindfulness practice development. This results in an optimistic approach in life. The reflection of mindful self-care promotes accumulation of resilience, stress, and development practice, (Fiodorova, & Farb, 2022).

Furthermore, the practice of mindfulness in self-development and practice focuses on the rhythm and attention in drawing sensation through training and definition of mind and practice to maintain a

healthy lifestyle. It is the process of bringing attention to the focus and mindfulness necessity on self-care development and practice. It examines mindfulness meditation, self-care, and practice development to understand awareness of set practice. It is perceived generally in a broader management, awareness, and practice. It is a practice consensus of self-development in different practices. It reinforces meditation and mindfulness of self-care development. It explores challenges of mindful self-care practice and development of progress and possibility. It conceptualizes potential transformation of self-care and management practice involved in mindfulness of self-care in a realistic manner, (du Plessis, & Just, 2022). On the other hand, the relationship of well-being and mindfulness on the impact and intervention practice in self-care and development provides intervention knowledge and integration of existing needs. It defines the clarity and concept to highlight phenomenon and understanding of values and context development. It is the concept of mindful practice development of various self-care and mindfulness in essential well-being outcome and transformation intervention self-awareness of the social context, (Urrila, 2021).

Research Questions

1. What is the self-care and mindful development and practice among the respondents?
2. What makes a mindful self-care development and practice among the health care professionals?
3. What makes a challenge on the mindful self-care development and practice among the respondents?
4. How does self-care and mindful development and practice be a guide to a healthy lifestyle?

Theoretical Lens

The study is anchored on the “Theory for a Better Life-Course and Better Self-Care in Unifying Care and Solution” as cited by (Kitson, et al. 2022). As this theory requires proper care as a fundamental and universal subsequent needs and provisions. It describes how to care for an individual or person that requires the type, kind, and how care will be provided. It legitimizes the novel perspective for the needs and cares in support that requires a widened system and cares. It outlines development of theory in a better life and better care. It adopts development and theory in diverse experiences to refine the theory and insights in collaborative saturation and theory construction.

Specifically, the research is a mindful self-care and development practice as a basis for healthy lifestyle and guidance. The concept is argued on better life and better self-care for unifying care and solution for every individual person. On the other hand, this theory identifies and stresses vital part to support study under investigation. It is better to propose the possible trajectory to generate life and predict diversion. The contribution of the theory interplays and understands provision and needs for self-care and mindful development and practice to have a healthy living or lifestyle.

Research Design

The research design employs the qualitative descriptive approach which dealt with Focus Group Discussion (FGD). Qualitative descriptive approach tends to motivate perception of the researcher in the aspect of methods and designs in the analysis of the study on mindful self-care development and practice. This includes ethics in mindful self-care development and practice among the health care professionals, clinical psychologists, and challenges among the respondents. The self-care and mindful development and practice can be a guide to a healthy lifestyle. It provides discourses that pave the qualitative approach, (Köhler, Smith, & Bhakoo, 2022).

On the other hand, FGD is also employed in the gathering data as part of the process in the study. This is where the idea is gathered through the analysis of the questions posted in the study for better results. It is the granular sharing of information and mindful self-care development and practice. It evaluates and demonstrates behaviour of self-care and mindful challenges for the individual process to achieve healthy lifestyle and living, (Ivanova, et al., 2022).

Research Participants

The participants of the study are the various health care professionals and clinical psychologists in the various professional allies. They are healthcare professionals who are experts in mindful self-care development and practices. They are professors, associate professors, assistant professors, lecturers, and assistant lecturers. The study comprised ninety (90) respondents only.

Research Instruments

To obtain the necessary information in the study, the interview guide is being formulated in the research problem. The interview guides consisted of four probe questions. These questions examine the mindful self-care development and practice to find possible effect of self-care and mindful development and practices among the respondents, makes a mindful self-care development and practice among the health care professionals, makes a challenge on the mindful self-care development and practice among the respondents, and how does self-care and mindful development and practice be a guide to a healthy lifestyle. The questionnaire will not last for 30 minutes to answer to avoid burden on the part of the participants.

Information Gathering Procedures

The pertinent information and gathering procedures in the study is established through a Focus Group Discussion (FGD). This has established various health care professionals and clinical psychologist that are composed of various lecturers in both private and public Higher Education Institutions (HEIs). To explain the study further, details are provided below:

Mapping. It is observed that most students have issues in self-care and mindful development and practice. This has been observed during the lesson process. It has been discovered because their study habits are being affected. Through this observation, they thought of a study that could address and solve the issues so that study habits will not be affected and thereby self-care management will be given emphasis.

Formulation of the Paper. After the mapping of the study is done, the research problem is being formulated. This is to ensure that mindful self-care development and practice will be given emphasis to maintain a healthy living. This will help individuals to realize the importance of life to the fullest.

Validation. After the formulation of the paper, the validation method is determined by those experts in the qualitative research together with the probe questionnaire. Their suggestions are given emphasis considering the improved substance of the study.

Conduct of the FGD. Before the conduct of the interview proper, the permission is being requested from the group of participants of the study. They are a group of lecturers who are doctorate and master's degree level where they are expert in the mindful self-care development and practice.

Analysis of the Data. After the conduct of the FGD, the answers are analysed, transcribed, and transformed for proper interpretation of the data.

Trustworthiness of the Study

Trustworthiness of the research is an issue when it is not in accordance with the research principles and ethics, (Lindheim, 2022). It provides access to the research values and are materialized to perform. It goes in the aspect and in-depth of trustworthiness that is being established on the four aspects of the qualitative research established as to transferability, dependability, credibility, and confirmability.

Transferability is a prerequisite in the learning and information to be transferred as a learning process on the mindful self-care development and practice. This has been discussed among the respondents which is viable in the resource of the study. This has been defined as to the criteria of the study, (Weise, et al., 2022).

Dependability is one of the criteria in the trustworthiness of the study where a group of lecturers that served as respondents are the replicability of the study. This will be the offshoot of the study in the mindful self-care development and practice. This is established in the consistency and lens of intuitive trustworthiness that can be established in the achievement and consistency of the study, (Janis, 2022).

Credibility established the relationship of trust in the study which is important in the process and research ethics. This is done through the process from the start of the research to the end. The study is credible because the data is gathered according to the set criteria of the study. It assesses the credibility

of the mindful self-care and development process perception, and recommendation of the group of experts in the research process, (Shin, 2022).

Confirmability provides quality in the research process on the mindful self-care development and practice. It explores perspective of respondents especially the expert lecturers who are composed of professors, associate professors, and lecturers who are teaching at various fields of health care area where they emerged on the awareness, process, development, and refining the area of the study, (Rodrigues, et al., 2021).

Results

Presented in this section dealt with the Focus Group Discussion (FGD) from the various health professionals who have expertise in the mindful self-development care and practice that will serve as a guide to healthy lifestyle. They provide transition on planning and quality of life among individuals, (Park, et al., 2022). On the other hand, the results of the interviews and analysis are categorized according to the following scales as the basis of the response of the respondents. 5.00-4.20 is Regularly, 4.19-3.40 is Often, 3.39-2.60 is Sometimes, 2.59-1.80 is Rarely, and 1.79-1.00 is Never. In addition, the text verbatim is also included to further elaborate the analysis of the focus group discussion.

Table 1. Theme and Core Ideas of the Mindful Self-Care Development and Practices among the Respondents.

Themes	Frequency of Response	Core Ideas
Mindful Relaxation	Sometimes	<ul style="list-style-type: none"> ● relax and creative ● listen to sounds ● sought out to relax ● smells to relax
Physical Care	Never	<ul style="list-style-type: none"> ● eat nutritious foods ● exercise ● participate in sports ● sedentary activities ● practice yoga
Self-Compassion and Purpose	Sometimes	<ul style="list-style-type: none"> ● challenges and difficulties ● supportive and comforting self-talk ● feel my feelings

Supportive Relationship	Often	<ul style="list-style-type: none">● purpose of life and work● spent time with people● supported by people● respect my choice● someone who would listen
Supportive Structure	Often	<ul style="list-style-type: none">● manageable schedule● organized task● demand and balance● comforting living environment
Mindful Awareness	Often	<ul style="list-style-type: none">● awareness of thoughts● awareness of feelings● awareness of body

Mindful Relaxation

Sometimes, mindful relaxation will have to do with self-esteem and self-efficacy. It describes the observing awareness on the inner experiences and outcome mindful dimension on the established concept that highlights the positive mindfulness in exploring the quality of life, (Chandna, Sharma, & Moosath, 2022). The participants say that:

“I did something creative to relax (e.g., drew, played instrument, wrote creatively, sand, and organized)”.(T1, P33 & P21)

“I listened to relax (e.g., to music, a podcast, radio show, rainforest sounds). (T1, P30 & P24)

“I sought out images to relax (e.g., art, film, window shopping, nature)”. (T, P30 & P20)

“I sought out smells to relax (lotions, nature, candles/incense, smells of baking”. (T1, P30 & P26)

Physical Care

Physical care means the process of taking care of the body through proper exercise, having basic nutrition, hydration, and practice. It is a healthy body that will respond to inevitable stress and circumstances for a healthy life. It is to examine physical activity and intervention that will deliver

promptly to the effectiveness of primary health and physical care. This will increase intensity of physical activity. The daily routine and implementation of physical activity will improve the outcome of a healthy living. (Kettle, et al., 2022). The participants say that:

“I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)”. (T2, P42 & P31)

“I exercised for at least 30 to 60 minutes”. (T2, P30 & P 28)

“I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)”. (T2, P30 & P 27)

“I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer)”. (T2, P37 & P36)

“I practiced yoga or another mind/body practice (e.g., Tae Kwon Do, Tai Chi)”. (T2, P60 & P18)

Self-Compassion and Purpose

Sometimes self-compassion and purpose involve self-kindness relating to themselves which sometimes less-judgment, feeling fewer isolation, common feelings in humanity, overidentified and decreased mindfulness in a perceived failure and situation, personal suffering, and inadequacy. It is most self-compassion and purpose to construct and to measure self-mindedness. It appears to be reliable in convergent adequacy, predictive, discriminant, and group known perseveres. It represents compassion and self-responding. It is a factor that supports the global self-compassion in the existence of compassion and purpose, (Neff, & Tóth-Király, 2022). The participants say that:

“I kindly acknowledged my own challenges and difficulties”.
(T3, P32 & P30)

“I engaged in supportive and comforting self-talk (e.g., My effort is valuable and meaningful)”. (T3, P30 & P5)

“I gave myself permission to feel my feelings (e.g., allowed myself to cry)”. (T3, P28 & P8)

“I experienced meaning and/or a larger purpose in my work/school life (e.g., for a cause)”. (T3, P25 & P3)

Supportive Relationship

Often, supportive relationships will deal in the development and details on mindful measure and self-care that emerge in the empirical work. This aligns with development and action set for practice to promote well-being and positive embodiment. It is the extent self-care support in set development and practice, (Cook-Cottone, & Guyker, 2018). The participants say that:

“I spent time with people who are good to me (e.g., support, encourage, and believe in me)”. (T4, P34 & P3)

“I felt supported by people in my life”. (T4, P34 & P6)

“I felt confident that people in my life would respect my choice if I said “no”. (T4, P41 & P 5)

“I felt that I had someone who would listen to me if I became upset (e.g., friend, counsellor, group)”. (T4, P34 & P2)

Supportive Structure

Often, the supportive structure is based on mindset of individual that can be created and programmed to support the enhanced practitioner and development of human mankind in accordance to the skill of self-care program and development. The program will improve mental well-being, feeling of anxiety, feeling of stress, and even burnout. It comprehends and designs to understand the mechanism and potential structure and support mindful self-care. It analyses the stress, and improvement on coping mechanism in the capacity and acceptance development support structure as to self-compassion, mindfulness, decentring aversion, acceptance, and attention regulation, (Maddock, & McCusker, 2022). The participants say that:

“I maintained a manageable schedule”. (T5, P36 & P6)

“I kept my work/schoolwork area organized to support my work/school tasks”. (T5, P38 & P4)

“I maintained balance between the demands of others and what is important to me”. (T5, P36 & P6)

*“I maintained a comforting and pleasing living environment”.
(T5, P38 & P2)*

Mindful Awareness

Often mindful awareness informs that health and model behaviour examines moderated mindful awareness of distress and psychological inflexibility. Mindfulness awareness with strong association in depression and distress. It strengthens psychological inflexibility of positive mindful awareness. It provides

mindful awareness degree that affects buffer of psychological inflexibility and limitation, (Masuda, et al., 2022). The participants say that:

“I had a calm awareness of my thoughts”. (T6, P36 & P27)

“I had a calm awareness of my feelings”. (T6, P36 & P26)

“I had a calm awareness of my body”. (T6, P34 & P27)

Discussion

Mindful self-care development and practice in mindful relaxation shows that something needs to be created for relaxation like interest in the hobbies that can divert stress to positivity which means that most of the respondents can be relaxed from stress through their hobbies where it relieves their mind and stress. Stress is very common among individual. Stress is chronic in multiple physical and mental health that will result in negativity and consequences. It explores strategies and coping stress mechanism. It is rewarding on the promotion among health care providers among students as observed in coping strategies and active stress among the respondents. Time management and planning is stressful in coping strategies where it helps them to relax in their own way. The stress and perception is coped with stress and self-care responsibility and practice development. This can foster skills in self-care and mindful practice and development, (Abouammoh, Irfan, & AlFaris, 2020). Hence, it also shows that mindful self-care can divert to listening a relaxation of sounds in the surrounding or even the usage of the advanced technology and gadgets which means it helps in the mindful stress and development of the respondents. It is being emphasized here that listening to relaxing music can trigger relaxation where their brains and sound mind brings peace. It relieves stress among them. It emerges in the stressed disorders and debilitating critical illness. It highlights how to synthesize treatment of relaxing music for self and care relaxation. It contributes and guides on the responses of hypoactive symptoms. Listening to music and playing will stimulate brain recovery and enhance stress response. It supports improvement of effectiveness on coping regulation and reduction of symptoms anxiety level and depression. It improves balancing brains and helps for potential relaxation of self-care and mindful management, (Pant, et al., 2022). On the other hand, it also shows that self-care can be done through watching movies, televisions, going to the mall, and doing household chores which means relaxation will be done on outdoor and recreational activities that can help for the mindful relaxation. It intended to explore preferences and leisure's that can contribute to psychological mindfulness and life satisfaction, (Dirzyte, Patapas, & Perminas, 2022).

Moreover, in physical care it shows that there is a need to practice mind and body exercise which means proper self-care will be done through exercise. This includes proper exercise for at least one hour daily. There are many ways in exercising especially in the trend of the advanced technology like Zumba

dance, gym, jogging, walking etc. This is a concept of self-tracking in physical activities and technology to maintain healthy lifestyle. This must be the habit because body needs exercise. Physical care means to monitor physical movement and track related fitness metrics at least daily like walking, calorie burns, and distance running. The behaviors will change activities among individual. The application will widespread fitness and self-tracking relative to self-care and mindful development and practice. This addresses issues that focuses on outcome behavior in physical care and essential contributions, (Jin, et al., 2022). Moreover, physical care shows that individual needs to expose various sports activities. This can be an outdoor or indoor activities if it relieves stress which means that physically fit would mean proper physical care through various physical activities and sedentary activities. Sports activities are the preferences of people as one of the favorite sports as part of exercise to keep them physically healthy. It is a preference for the lifetime activities. It remains to determine from the viewpoint of people that attempts reasonable physical activity and physical care. This examines physical activities on the degree of sports activities in various level among the respondents, (Kim, et al., 2022). On the other hand, it shows that there is a need to eat the right food and a balanced diet which means respondents are aware of the food intake they will have to maintain a healthy living. Avoid food that is high in sugar and calory. Eating the right food with plenty of fruits will help in the proper care of the body and maintains to be physically fit. It engages psychological and untangle emotional factor that potentially impacts physical eating behavior. It suggested the healthier food choice remains in auditory visual and physical context for the comfort eating and respective association for relaxation of healthy food. It aims to promote healthier and enjoyable behavior on food and enjoyable experiences in a holistic eating environment, (Mathiesen, et al., 2022).

On the other hand, self-compassion, and purpose shows that it is necessary to acknowledge difficulties and challenges which respondents are facing like the obstacles and hindrances with patience and faith because they know that life has various mysteries. They lose when they give up in life but face those challenges with passion and perseverance because it shows that they need to express their inner feeling to relieve stress which means the purpose of self-compassion is to share the burden with loved ones. Crying to express feelings will help to voice out the stress which will help in self-compassion and purpose. Most of them are experiencing this to lessen the burden in life. Healthcare professionals are most of the suffering, fragile, pain in regular witness for professional lives. The experiences may increase the risk, compassion, burnout, and fatigue. They are healthy and self-aware in the vulnerability of inherent understanding in professional work of self-compassion and purpose which is very critical challenges risk among them. The perspective and relational ethics on critical team and role in the professional development values, cope in vulnerable, and inherent healthcare professionals. It focuses on the role of sharing and recognizing experiences in the strength of resilience, confidence, and health care for a healthy living, (Delgado, et al., 2021). Hence, it shows that there is a need to engage in voicing out issues, share

so that somebody will comfort them when necessary. This can be done at work, family, loved ones, and school. This means that comforting other people will help in the challenges of life where they can improve healthy living. This can be experienced through the learning process in work and in school. It describes the memories to cherish that guide the right path. It is the self-paced stressful hand on experiences in life, (Kameo, 2021).

Furthermore, supporting relationship in the mindful self-care development and practice shows that respect is needed in the decision making, for saying both yes or no depends on the feelings of every individual. It can also be decision in spending time with other people are confident to reject if they know the offer is not beneficial for them. They need to be respected because they will be responsible for their own choice. Saying no for the offer would not mean degrading the self-esteem of individuals instead that they wanted to take care of their integrity. Most of the people also enjoy spending time with people whom they think can be trusted and can be relied on. They need to be careful in dealing with people who are friends during the time of need. At the end they will turn their back to them. Support relationships will encourage people to believe and trust where they can help in terms of hardship where they are present and willing to support during difficult moment. This can provide both optimistic and pessimistic effect in the quality of life and care. This includes compassion and health care support and relationship with satisfaction. It explores support relationship in coping stress and strategies as to self-efficacy, hospice care, managing emotion, and self-awareness. It perceived hospice care will lower stress and self-efficacy experience for support relationship satisfaction and compassion. It lowers related self-awareness and ability in emotion management. It copes with social support strategies for development and skill awareness, (Fan, & Lin, 2022). In addition, support relationship shows that there is a need for somebody's help and support among individual. The support can come from loved ones, family, and friends. It can also be that a support relationship can be done when somebody can be leaned on and can be cried on which means that it is a part of life to lessen the burden that will be experienced during the stress as part of self-care and mindfulness support development and practice. It is a comprehensive evidence-based research in addressing support and relationship, (Wyckoff, et al., 2022).

In consequence, supportive structure mindful self-care development and practice shows that there is a need to maintain a pleasing and comforting environment which means people around must need to understand the situation in all various social and emotional aspects of a person. This must be observed in all facets of life, it can be through neighbour, community, or in the society in general. Proper support structure of society can contribute to a peace of mind and peace environment for self-care management development and practice. It is nice to observe that a healthy environment will allow society to enjoy life to the fullest, especially that love, respect, and unity will be observed. It analyses the trend formation of associated humanity in the global trend that can deteriorate situation in the community or

society as well. The success of social support and structure will be carried when peace, love, respect, and understanding are observed in the community. It provides direction to self-care and mindful development practice among individual. This is to ensure proper solution in a comfortable and healthy lifestyle. It provides concepts in adaptation of a better life through support structure in a positive life, (Sigidov, et al., 2022). On the other hand, it shows that support structure can be managed through proper scheduling. This can be balanced for protection of structure and environment to the community and to the society as well. This is very vital because individual in the society is the hope of the community for proper care, development, and support structure practice in general. It examines the motion and effects of stimulated performance in support structure of every individual and self-care practice and development, (Duncan, et al., 2022).

Lastly, mindful awareness and self-care development and practice shows that there is a need to watch out thoughts and calm awareness. All things will be done in positive thoughts, rudeness and untoward thoughts and action will not give a better impression on every individual but store bitterness and hatred. Relaxation and calmness can possess better thoughts and positive approach. Calm thoughts and awareness will provide better critical thinking in all aspects of life. This can be applicable to work, school, family, neighbour, community, and in society. It analyses thought and calm awareness to be observed as mindful stress and self-care in the practice and development on social aspect of a person. This can be observed from outside the community that has an impact on relation and power of the cultural and political ideology of every individual. It explores pedagogy awareness and calm thoughts process in the critical thinking and decision engagement, (An Le, & Hockey, 2022). In addition, it also shows that mindful awareness has to do with feeling and calm awareness. This means that there is a need to hold temper. Think several times before expressing something so that at the end they will not regret. Being frank is good, however, there is a need to be careful on the words to be uttered. It can hurt the feelings of other people. A careless attitude to other people will not contribute to self-care management but can only contribute to hatred and bitterness. Be mindful of the feelings of other people. Try to put your shoes under their feet. Feelings and calm awareness reinvigorate and analyse the whole self in general for the mindfulness awareness and position in self-care development and practice. These include truthfulness, authenticity, courage, and compassion. It is the skill that supports mindfulness awareness of oneself aspect of conscious and creative awareness calm feelings. It provides better awareness and calm feelings, (Hulburt, Colaianne, & Roeser, 2020). Yet, mindful self-care development and practice on awareness shows the individual in person as to physical body awareness. It has been said that whatever your actions will reveal your own personality and traits. This means that there is a need to control emotion and temperament. Your actions speak louder than your characteristics. True character reveals true beauty. There is no such thing as bad character. Bad character is the influenced of emotion uncontrollable beyond

expectation. This means that calm is the best asset for a person in his awareness to control action beyond expectation. It is the well-being that is being associated with the effect of individual structure that develops better rational approaches in control of body temper which results in calm awareness and possibilities, (Coffey, 2022).

Conclusion

Mindful relaxation on self-care development practice shows to create relaxation through their own hobbies. This can help them relax to the fullest where they can also listen to relaxing sound using advanced technology like the sound of the rainforest, listening to radio, music in the podcast as alternatives for relaxation of their mind to improve self-care among them. They can also experience relaxation through malls, outings, and spend time with their friends and loved ones.

Physical care shows to practice in exercising their body and mind. This can be through indoor or outdoor activities where they can move and sweat to relieve stress. This is one way of showing self-care and development practice among them where they can even exercise for at least 30 minutes to 1 hour daily. It also shows that physical care can be done through involvement of sports and other scheduled physical activities like dancing, sports classes, and other sedentary exercises and physical activities.

Self-compassion and purpose shows to acknowledge difficulties and challenges with passion and faith that they can surpass such situation because it only affects their mindful self-care development and practice through proper engagement comfort process and self-talk as support to self-care in a meaningful and valuable effort. It also shows that individual has the right to express their feelings in accordance with what they feel if it will not hurt the feelings of others. Hence, self-compassion and purpose can be experienced at home, school, and at work.

Supportive relationship shows that people are confident in expressing their thoughts and feelings honestly or saying yes or no depending on the situation where they believe that expressing their feeling would free them from any stress. It also shows that most of them spend time with people who can be trusted and people whom they know are good where they can experience support, trust, encouragement from them. It shows that they need people who can share their thoughts and emotions that they can lean on during times of need in their self-care and mindful development practice, support and relationship.

Support structure shows that most of them need a manageable time frame and maintenance for the support and structure where it can be observed through their work, school and community in the society. They also need to maintain a balanced demand for the structure support which is essential for them. This can help them to maintain a pleasing and comfortable community in the society.

Mindful awareness shows that they need to exercise the thought of being calm because it is needed to maintain self-care development and support where feelings are being affected. This includes body and calm awareness where they can control temperament since mindful awareness is essential in the self-care development and practice among the respondents.

Conflict of Interest Statement:

The author declares no conflicts of interests.

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