

Take Action Every Day for Your Mental Health



Life can be stressful. You may focus on work or school, your family, or other commitments and forget you need to take care of yourself, too.

By building self-care activities into your life, you give your mind and body the break they need to recharge—to help you be the best self you can be. Each day, try your best to:

- Get enough sleep
- Eat healthy food & stay hydrated
- Move your body
- Connect with other people
- Manage your schedule to remove stress

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GET SUPPORT

Turn this card over for self-care ideas to try when you need a boost.

Self-Care Boosts

- Spend time outside
- Meditate or practice mindfulness
- Take a break from your screen
- Breathe in for 5 counts, hold for 5, breathe out for 5, hold for 5, and repeat
- Do something creative like art, writing, or music
- Call a friend you haven't spoken with in a while
- Turn off your phone alerts
- Pray or talk with your faith leader
- Make a list of 10 things you're grateful for in your life
- Watch the sunrise or sunset
- Take a mental health day