

## Self - Care

**Do one thing today to improve your mental health!**

- Practice gratitude
- Practice deep breathing – *in for 4 seconds, out for 8 seconds*
- Listen to music you enjoy
- Call a friend and have a chat
- Take time to read a book or magazine
- Practice yoga
- Take your anxiety or depression medication
- Go to an exercise class
- Laugh – watch a funny movie or comedy show
- Have a quiet cup of tea or coffee
- Send a thank you card or email
- Eliminate distractions and just take time to sit in quiet
- Be kind to yourself and forgive yourself for mistakes
- Complete a puzzle
- Have a family game night
- Make a meal you love
- Go for a walk in nature
- Visit a museum
- Make an appointment with a therapist or physiotherapist
- Pray or worship
- Get a good night sleep – 7 to 9 hours
- Enjoy a hobby you haven't in a while
- Talk to a friend, family member or colleague about how you are feeling
- Create a to-do list and prioritize tasks that are causing you stress



## Self - Care



If you are experiencing a mental health crisis or are having thoughts of suicide, contact your local hospital, community crisis services, or call 911.

If you are experiencing a mental health problem or illness, seek professional help, or talk to your support network, doctor, EFAP, or human resources to be connected to the care you may need.

Remember that good mental health **does not** mean feeling happy 100% of the time. Know your limits and try to set boundaries and practice healthy coping strategies.

**Prevention is important. You do not have to be experiencing a mental health problem, illness or crisis to utilize therapy services.**

