

RESOURCES

Self-Care Strengthens Mental Health

Having fun, interesting, deep, or distracting conversations with friends 

 Cultivating your sense of humor

Thinking or listing things for which you are grateful or for which you are excited 

 Scheduling alone time into your week if you are often busy

Having tech-free time reading a book; cleaning, decluttering, and organizing; getting fresh air and sun; playing a sport; playing with yours or your neighbor's pet, etc. 

 Eating whole foods frequently while also indulging in food that you love that is not considered “healthy” from time to time

Reaching out to someone you haven't heard from in a while 

 Re-arranging your space--mixing things up can be refreshing and comforting

Daydreaming and goalsetting 

 Trying an activity that is totally new to you just for the adventure

Making to-do lists and spreadsheets that help you track your accomplishments, like a list of the movies you watched over a year and your ratings for each film. 

 Volunteering and advocacy work

Enjoying your “comfort” entertainment—an old TV show, for example, that you could watch over and over 

 Pursuing creative activities unrelated to work or education