Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. Everyday take a moment (or more) to take care of yourself.

Exercise
- Exercising 3 days a week decreases stress, increases energy levels and improves happiness.

Eat Healthy
- People who eat meals high in vegetables, fruits, whole grains, fish and nuts are 30% less likely to develop depression.
- 40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety.

Sleep
- 64% of people feel refreshed and excited to get back to work after a vacation.

Time Off
- On average, Americans spend 93% of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity.

Get Outside
- Laughter increases the release of “feel-good” endorphins and can lower blood pressure.

Laugh
- The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency.

Practice Mindfulness
- Close social relationships improve our self-confidence, and help us cope with ups and downs in life.

Talk with a Friend

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline: 1.800.273.8255

Funded by counties through the Mental Health Services Act (Prop 63).