

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

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are **30%** less likely to develop depression



Eat Healthy

Sleep



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

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



Time Off

Get Outside



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

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



Laugh

Practice Mindfulness



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

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).