

Stress Relief, Mental Health and Self-Care Strategies

Take Care of Your Body:

- Get enough sleep
- Participate in Physical Activity / Exercise
- Eat Healthy
- Avoid tobacco, Alcohol, and Drugs
- Limit Screen Time
- Relax and Recharge

Take Care of Your Mind:

- Keep a Regular Routine
- Limit Exposure to the News
- Focus on Positive Thoughts
- Stay Busy
- Use Your Belief System for Support
- Set Priorities

Connect with Others:

- Make Connections
- Do Something for Someone Else
- Support a Family Member or Friend

****AND, GET HELP WHEN YOU NEED IT****

Things to do for Your Mental Health and Stress:

- Value Yourself
- Keep "Good Company"
- Quiet Your Mind
- Set Realistic Goals
- Try a "Change of Pace"
- Let the Light In; Open Your Windows and Shades
- Learn a New Skill
- Delve into Your Hobbies
- Get Outside
- Stay Social
- Start a Journal
- Read a Book

