



SELF-CARE CHECKLIST.

If you're struggling with mental health challenges, taking care of yourself is a good first step. Here are some options that you and your loved ones can consider when life calls for some **self-care**.



Acknowledge your feelings.

Try to identify what's going on in your life and how it's affecting you.



Care for your well-being.

Exercise or get outside if you can. Sunshine is a great mood lifter. Get enough sleep, stay hydrated and eat regular meals if possible.



Reduce stress.

Look for ways to manage stressors. Say no to things that cause anxiety such as additional responsibilities.



Make yourself comfortable.

Add soothing music to your playlist, wear soft, loose clothing and surround yourself with favorite things such as books, photos, pets or plants.

Limit tech use.

Decrease screen time and take a break from social media.



Connect with support people.

Reach out to family, friends and support groups who understand what you're going through.



Work toward some balance.

Focus on priorities and let the small stuff go. This will help you put your mental health first.



Seek professional help.

Reach out to professionals in your life whom you trust. Call 988 if you need immediate help from trained counselors who can listen and help with resources.



Free, confidential emotional support.

