



# 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.**

**DBHDS**

Virginia Department of Behavioral Health  
and Developmental Services



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