

A RECIPE FOR Self-Care

Self-care can mean finding things you can do regularly that set you up to be more mentally, emotionally, and physically well. Self-care isn't about spending money or doing something out of the ordinary. **It can be small things that reduce your stress or allow you to connect with yourself.** Try some of the ideas below and create your own recipe for self-care.

Ingredients

Find Your "You Time": Take some time just for yourself and find a moment for something you enjoy. This can be catching up on a favorite show, listening to music, taking a nap or walk, or going to bed early. It's important to carve out time to find joy in your day.

Take A Screen Break: Turn off notifications on your phone for a little while, or switch off the TV or computer. Start with small amounts of time and notice how this change makes you feel. Allow yourself to take in your surroundings, and open a window for fresh air or spend time outdoors if you can.

Relax: Do things that make you feel calm, like taking a moment to rest your eyes and taking 10 deep breaths into your belly. You may like to read a book or magazine, enjoy a long shower or bath, or just take a moment with yourself and do nothing at all.

Treat Yourself: Do you have a favorite food, snack, or nonalcoholic drink? Make or order something you love and savor it.



Find more self-care tips and activities at [TakeAction4MH.com](https://www.takeaction4mh.com)
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Recipes for Wellness and Self-Care

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A RECIPE FOR

Reducing Stress

We can all feel stressed at times. If you feel overwhelmed, there are a few things you can do to help reduce your stress so you can be calm and ready for the next moment.

Ingredients



Ground Yourself: Put both your feet flat on the ground, or focus on the part of yourself that is most in contact with the ground. Concentrate on what it feels like to be right here, right now. If you can, do this outdoors in a park, by the water, or someplace beautiful. You can also find the most relaxing place in your home.

Breathe Deep: Breathe out completely through your mouth to empty your lungs, then breathe in through just your nose for 4 seconds. Hold your breath for 7 seconds then breathe out for 8 seconds. Try to do this 3 more times.

Relax Your Body: While you're steadying your breathing, focus on letting each of your muscles and body parts relax. Start by thinking about the lowest part of your body and relaxing those muscles while taking deep breaths. Then gradually work your way up to your belly, chest, shoulders, and neck. Once you feel relaxed, you can "scan" your body and think about how your body is feeling at this very moment.

Positive Thinking: Take a minute to think about something good that happened recently, or something that made you feel pride or joy. Taking time each day to think about things we feel gratitude for can help when we're feeling stressed.

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A RECIPE FOR

A Healthy Body And Mind

Physical health and mental health go together—like salt and pepper. **A healthy body helps you maintain emotional wellness**, and looking after your mental health will have a positive effect on how your body feels. Add a dash of this to your daily routine.



Ingredients

Movement: Get your body moving, however you can. Try stretching, going for a walk, yoga, or even dance like nobody's watching!



Rest: Make sure you get enough sleep. Try to rest between 7 to 9 hours each night. Creating a routine before falling asleep can help your brain and body get ready for rest.



Good Food: Eat nourishing foods, including fruits and vegetables when you can. It's OK to treat yourself to comfort foods as well. Just try and keep things balanced.



Hydrate: Make sure to drink lots of water to help your body and brain work well and also increase your energy. Try to aim for at least 8 glasses of water a day. You can add slices of lemon, fruit, or cucumber to make drinking water tastier.



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A RECIPE FOR

Mindfulness

Mindfulness is a way to focus on what you're sensing and feeling in this moment, without judgment or negativity. Think of it as a mental health break that can reduce stress or anxiety and help you center and be present with yourself.

Ingredients

Slow Down: If you're feeling overwhelmed, take a break. Find a place and time where you can be safe, quiet, and alone for a few minutes.

Be In The Moment: Thoughts and feelings from the past or about the future can distract you from what you're thinking and feeling right now. Experience this moment in time, where you are, and what it means to you.

Pay Attention: If you can, close your eyes, steady your breathing, and try to experience your environment with all of the senses you have—touch, sound, smell and/or taste. Try to hear, and feel, your centering heartbeat.

Accept Yourself: Take a moment to give yourself some love, and feel gratitude. Focus on the good things happening in your life, and how they bring you joy. Find a few things you did recently that bring you pride and acknowledge them.



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A RECIPE FOR

Social Support


Social support is a necessary tool for supporting your mental wellness. When you keep in touch and make time for friends, family, and community members you enjoy being with, you're feeding your own mental health as well as theirs.

Ingredients



Close connections: Friends may come and go in our lives, but it's good to know that certain people are there for you—and you for them. If you need someone to talk to, reach out to someone you trust, even if you haven't talked with them in a while. Take the time and check in to let them know you're there, and offer your support.

Family: This can be who you grew up with, who you choose as your family, or a combination of both. Get support from family members you can count on to talk about how you're feeling—good or bad—and to also check in on them. This is especially important if you, or they, are feeling alone or isolated.



Communities: A community is more than where you live. Your communities can include groups of people you share an identity, faith, or hobby with, and can include a community you interact with online. Like friends and family, your communities provide support in difficult times. People in your communities may need support from you. You can check in with those you've gotten to know and build your relationship or provide support.



Learn more about social support and how to check in at [TakeAction4MH.com](https://www.takeaction4mh.com)
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