

30-Day Mental Wellness Self-Care Practices

Body	Take the stairs instead of the elevator	Get 7-9 hours of sleep	Eat a source of <u>omega-3 fatty acids</u>	Develop a <u>nightly routine</u>	Avoid sugary or <u>caffeinated drinks</u>	Light a candle and relax for 10 minutes
	<u>Go outside</u> for a 15 minute walk	Take a relaxing, hot bath	Drink 16oz <u>more water</u> than usual	Complete 30 minutes of <u>aerobic exercise</u>	Stretch or do yoga	Eat a bowl of your <u>favorite fruit</u>
Mind	Practice <u>guided meditation</u>	Write a <u>gratitude letter</u>	Reflect on 3 things you accomplished this week	Try out a new recipe	Complete a <u>mental health screening</u>	Choose a <u>personal mantra</u> for self-soothing
	<u>Write down your goals</u> for the future	Watch a movie that makes you feel good	Read a book or listen to a podcast	De-stress by <u>coloring a picture</u>	Write a <u>creative poem</u>	Clean/organize your personal or work space
Mood & Relationships	Share good news with someone	Perform an <u>act of kindness</u>	Reach out to a loved one - call or text	Make plans to meet-up with a friend	Treat yourself to flowers or a plant	Celebrate a recent accomplishment
	Feel your emotions using the <u>Junto wheel</u>	Spend quality time with a loved one or pet	Do something that brings you joy	Sing or dance along to your favorite song	<u>Digital detox</u> for a day	<u>Share something</u> that has been bothering you
Group Bonus	Watch the sunrise or sunset together	Sign up for a group class or activity	Play an interactive game (e.g. charades)	Share a meal together	 	