

## **Mental Health Self Care**



Take a lunch break, Leave work at work, Learn to say NO, Use your holidays, Set Boundaries

Personal

Healthy Eating, Regular Sleep, Exercise, Enjoy intimacy, Hug, Hold hands, Get a massage, regular medical care.

Set GOALS, Time with Family, Learn new skills, Read, Time with friends, Reflect on who you are, What makes you special. Professional

Mental
Health
Self Care

Psychological

Self reflection, Therapy, Meditation, Relaxation, Grounding, Keep a Journal, Attend a Support Group.

Spiritual

Emotional

Physical

Be forgiving, Spend time with nature, Sing, Dance, Yoga, Volunteer

Cuddle a pet, community engagement, Cry, Laugh, Self Compassion.



