Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. **Everyday** take a moment (or more) to take care of yourself.

Exercise
Exercising **3** days a week decreases stress, increases energy levels and improves happiness

People who eat meals high in vegetables, fruits, whole grains, fish and nuts are **30%** less likely to develop depression
Eat Healthy

Sleep
40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety

64% of people feel refreshed and excited to get back to work after a vacation
Time Off

Get Outside
On average, Americans spend **93%** of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity

Laughter increases the release of "feel-good" endorphins and can lower blood pressure
Laugh

Practice Mindfulness
The practice of pausing, breathing, and just "being" is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency

Close social relationships improve our self-confidence, and help us cope with ups and downs in life
Talk with a Friend

For mental health resources visit
EachMindMatters.org

National Suicide Prevention Lifeline: **988**

EachMind MATTERS
California's Mental Health Movement

CalMHSA

KNOW THE SIGNS