

Self-Care

Self-care means taking care of your physical and mental well-being.

Get regular exercise!

Exercising on a regular basis can improve your mood and your physical health!

Try:

Walking

Running

Yoga

Biking

Swimming



Eat Healthy!

Eating a balanced meal can increase your energy and your focus. Don't forget to drink plenty of water! Water is very important to keep your body healthy and your mind calm.

Sleep!

Getting a regular 7-8 hours of sleep each night can keep you alert and lower your stress.

Remember to turn off your devices to avoid the blue light interfering with your sleep!



Other Tips!

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1. Set goals
 2. Practice gratitude
 3. Be positive
 4. Connect with your friends
 5. Listen to music
 6. Make art
 7. Clean
 8. Cook/Bake
 9. Read
 10. Watch a movie/tv show
 11. Try something new!

When to seek professional help

- Difficulty sleeping
- Changes in appetite
- Difficulty concentrating
- Loss of interest
- Inability to perform daily tasks
- Feelings of hopelessness
- Mood changes

SOURCES

[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPICS/CARING-FOR-YOUR-MENTAL-HEALTH](https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health)

[HTTPS://WWW.WEBMD.COM/SLEEP-DISORDERS/BENEFITS-SLEEP-MORE](https://www.webmd.com/sleep-disorders/benefits-sleep-more)

[HTTPS://WWW.ACTIVEMINDS.ORG/ABOUT-MENTAL-HEALTH/SELF-CARE/](https://www.activeminds.org/about-mental-health/self-care/)