

## Solutions to Support Our Mental Wellness Survey

Prioritizing care of ourselves is easy to say & not as easy to do. We all know we need it, & we will be happier & healthier for it, yet for many we put ourselves last. Sometimes we forget that physical & mental health are very much connected. Remind yourself that self-care is required to maintain balanced overall health, it is not optional.

**For this mental wellness survey, we ask that you choose one or more from each of the 5 Healthy Habits below.**

In practice do these for 2 months to form a habit to help prioritize YOU! Even better, ask a friend to be your mental health buddy and tackle these together. (There are no right or wrong answers it's an exercise in "Standing Up, Speaking Out" for Mental Health & how you look at Mental wellness. This can be conducted in your meeting or at an event)

### TAKING CARE OF YOU

- \_\_\_\_\_ Stay hydrated, drink at least 8 glasses of water a day
- \_\_\_\_\_ Take a shower, a bath, or the extra minute to get ready for your day
- \_\_\_\_\_ Take time to research a new sunscreen to try or an essential oil to use to wind down at night
- \_\_\_\_\_ Eat at least three homecooked meals each week with healthy veggies and protein
- \_\_\_\_\_ Stick to a sleep routine or take a nap

### CHECK IN REGULARLY

- \_\_\_\_\_ Start each day with affirmations (there's lots of apps that help with this!)
- \_\_\_\_\_ End each day with 3 things that didn't suck (focus on gratitude)
- \_\_\_\_\_ Stop the compare game with your body, accomplishments, and goals
- \_\_\_\_\_ Make a regular appointment with a mental health professional

### ENGAGE AND CONNECT WISELY

- \_\_\_\_\_ Say no, create healthy boundaries
- \_\_\_\_\_ Give yourself (and a friend) one TRUE compliment each day
- \_\_\_\_\_ Plan one social outing each week - dinner, a movie, book club, hike, a phone date

### RELAX

- \_\_\_\_\_ Set a timer for a 5-10 minute break during the day to be present
- \_\_\_\_\_ Daydream about the future, plan to do fun things to fill your cup
- \_\_\_\_\_ Have a 30 min dance party to get those endorphins bopping!
- \_\_\_\_\_ Exercise at least 30 minutes each week

### REACH OUT WHEN SUFFERING EMOTIONALLY

- \_\_\_\_\_ Write down the lies and the negative self-talk, throw them in the trash to remind yourself that they're not true
- \_\_\_\_\_ Reach out to a friend when you are having a hard time
- \_\_\_\_\_ Take the time to write down your emotions until recognizing them is second nature

Do you have issues with your Mental Health    No \_\_\_\_\_    Sometimes \_\_\_\_\_    Yes \_\_\_\_\_

