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.

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

**Sleep**
- **64%** of people feel refreshed and excited to get back to work after a vacation.

**Time Off**
- 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.

**Get Outside**
- Laughter increases the release of “feel-good” endorphins and can lower blood pressure.

**Laugh**
- 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.

**Practice Mindfulness**
- 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](http://EachMindMatters.org)

National Suicide Prevention Lifeline: **1.800.273.8255**