

TENd

to Your Mental Wellbeing

A quick guide to better mental wellbeing.

Daily Self-care Checklist

- **Practice Mindfulness:** Spend a few minutes each day practicing mindfulness or meditation to reduce stress.
- **Stay Active:** Engage in regular physical activity like walking, yoga or any form of exercise you enjoy.
- **Healthy Eating:** Maintain a balanced diet rich in fruits, vegetables and whole grains.
- **Quality Sleep:** Aim for 7-9 hours of sleep per night and establish a relaxing bedtime routine.
- **Stay Hydrated:** Drink plenty of water throughout the day to keep hydrated.

Workplace Wellbeing

- **Set a Timer for a Five-minute Stretch:** Take regular breaks to stretch, walk or just step away from your workstation. For an added boost, consider moving your meetings outdoors or incorporating some physical activity into them.
- **Practice Good Eye Screen Health:** To protect your eyes from fatigue, practice the 20-20-20 rule: Look 20 feet away from your screen, for no less than 20 seconds, every 20 minutes.
- **Scheduling time off:** Time off can improve your mental health. To prevent burnout and boost productivity, take regular mental health days and use your time off.
- **Create a flexible routine:** Adjust your daily routine to fit your personal needs and peak productivity times.
- **Use your benefits:** Regularly visit your health care provider for wellness check-ups and screenings; use your employee assistance program (EAP) if your employer offers one.



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from NATIONAL COUNCIL FOR MENTAL WELLBEING

Recognizing Signs of Mental Health Challenges

- **Download this chart** to discover the symptoms of anxiety and depression.
- **Take a mental health assessment:** Mental health organizations offer free, confidential online screenings. Here are a few examples:
 - » [Mental Health America \(MHA\) offers an assessment](#) to help you determine whether you are experiencing symptoms of a mental health condition.
 - » National Alliance on Mental Illness (NAMI) [provides resources and screening tools](#).
 - » Substance Abuse and Mental Health Services Administration (SAMHSA) offers [mental health resources and screening information](#).

Create a Support System

- **Seek counseling services:** If you or a loved one is considering professional help, this [MHFA guide](#) shares how to start the process.
- **Explore Community Support Groups:**
 - » [Find a Local CCBHC \(The National Council for Mental Wellbeing\)](#)
 - » [Find a Support Group or Local Program \(SAMHSA\)](#)
- **Add these mental health helpline numbers to your contacts:**
 - » 988 Suicide & Crisis Lifeline
 - » Crisis Text Line: Text HOME to 741741



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