

# 'S SELF-CARE MENU

## Self-Care for Mental Health Maintenance

### ENTREES

<b>Clean Environment</b> 10-60 m Keeping your living space clean and organized in a way that works with your brain.	<b>Time with Friends/Family</b> 1-? h Socializing and participating in community helps reduce stress and keep us connected to what matters most.
<b>Sleep 8hrs a Night</b> 8-10 h Good sleep each night is essential for all of your daily functioning and stress management.	<b>Go to Therapy</b> 50 m Therapy can be a great way to manage your mental health, grow, process trauma, and much more.
<b>Yearly Check-ups</b> 60-120 m Going to yearly check up appointments helps you stay on top of your physical health.	<b>Time Away From phone</b> 60 m Taking time away from social media and technology is important always but especially right before going to sleep.
<b>Prioritize Responsibilities</b> 60-120 m Doing what is required of you at school, work, extra curriculars, etc. before doing what is fun will reduce unnecessary stress.	<b>Studying / Homework</b> ? h Staying on top of homework improves stress management and helps to combat procrastination tendencies.
<b>Exercise</b> 20-60 m Movement is great for your mind and body. Find a way to move that you enjoy!	<b>Working / Security</b> ? h Financial stress is prevalent at almost all ages. Balancing your work with other responsibilities is key with this one.

### SWEET TREATS

<b>A Sweet Treat</b> A snack savory or sweet that brings a smile to your face.	<b>Learn Something New</b> there are tons of workshops and classes outside of school where you can learn all kinds of things like: painting, dancing, jewelry making self defense, cooking, baking, scrapbooking, rug making, coffee making, public speaking, pottery, book binding, photography, gift wrapping, floral arrangement, screen printing, etc
<b>Bubble Bath</b> Soak and relax. If you're not a bath person maybe an extra long shower.	
<b>Fun activity</b> Something fun with friends or solo, free or saved up for.	
<b>Trip</b> Maybe something you save up for but a trip short or long and a change of scenery does wonders for your mind.	<b>Food with a Friend</b> Sharing food with another, whether its coffee or a meal, creates bonds and strengthens your support system.
<b>Volunteer</b> Lend your time or skills to a cause you feel passionately about.	<b>Get the Thing</b> Get the thing you've been saving up for, waiting for as a reward for something.

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### STARTERS

<b>Tidying Up</b> A quick pick up does more than you'd think.	10 m	<b>Meditate and/ or Pray</b> Centering yourself through meditation or prayer is a great way to focus the start of your day or reflect on how it went.	10 m
<b>Keep a Planner</b> Time management starts with knowing how much time you have.	5-10 m	<b>Journal</b> Write down your thoughts, struggles, gratitudes, goals, and dreams.	10 m
<b>Shower / Hygiene</b> Showering daily and having a simple skincare routine are a few quick ways to take care of your physical health.	10-15 m	<b>Phone Time Out</b> Take a phone break and be present.	20 m
<b>Call a Loved One</b> Give a call to a family member or loved one you don't see often to stay connected.	20 m	<b>Read for Fun</b> Read a book not for school.	10-20 m
<b>Movement</b> Go on a walk, dance, tai chi, anything that gets you moving.	10 m	<b>Play with Your Pet</b> Train, feed, walk, and play with your pet. You both will benefit from making it a regular thing.	10-30 m

### SIPS

<b>Drink Water</b> Stay hydrated, include some water with your coffee and energy drink rotation.	<b>Take Your Meds</b> Taking your medication as prescribed for physical and mental illness is a quick way to care for yourself.
<b>Be Kind to Yourself</b> Reframe negative self-talk and self-deprecating humor. Your mind should be the safest place for you.	<b>Give Yourself Time</b> Avoid rushing from place to place and also be patient with yourself while going through hard times.
<b>Be Kind to Others</b> Treat others with kindness and you will always have pride in your interactions with others.	<b>Say no</b> Say no to things you don't have space or do not want to make space for.
<b>Wear Sunscreen</b> SPF 30 (at least) daily even in the winter. Reduce your harm for skin cancer and your older self will thank you.	<b>Be in the Moment</b> Put your phone down and actually experience your experiences.

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## STARTERS

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## SIPS

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## ENTREES


## SWEET TREATS
