



Mastering Mental Self-Care

Mental wellbeing influences how you think, feel, and interact in daily life. Your mental wellbeing affects your ability to cope with stress, overcome challenges, connect with others, and recover from life's road bumps.

Having a strong sense of mental wellbeing builds the capacity for resilience. It is a fact that life is filled with challenges. Whether it is a relationship issue, work problem, loss of a loved one, or personal health crisis, resilience aids you in navigating adversity with grace and strength so that you can move forward.

As you are checking-in to explore your mental wellbeing, ponder these questions.

Do you feel content?

Are you able to maintain fulfilling relationships with others?

Can you bounce back from adversity?

Do you enjoy a balance between work and play, rest and activity, and alone time and social opportunities?

Is your thinking flexible in that it allows you to change course when needed?

There are activities that you can do to help you elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental wellbeing.

Caring For Your Mental Wellbeing

- Allow yourself “white space” in your schedule to contemplate and reflect.
- Engage in a hobby like woodworking, crafts, photography, etc.
- Read.
- Visit new places.
- Play board games, do crosswords, play video games.
- Make social connection a priority.
- Volunteer and give your time and talents to support others.
- Seek out professional assistance if you are struggling with a mental health issue.
- Spend time outdoors each day.
- Establish a yoga or meditation practice to strengthen resilience capacity.