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Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

Cook a healthy meal 	Head out on a nature walk or hike 	Write a letter/email to an old friend 	Head to bed early 	Practice mindfulness 
Enjoy a quiet moment over a cup of tea or coffee 	Write a positive affirmation and recite it in the mirror 	Connect with your community 	Discover a new author or musician 	Stretch or practice yoga 
Discover a new podcast 	Talk to a loved one about your feelings 	 	Put on your dancing shoes 	Make a vision or mood board 
Paint or draw 	Set a goal 	Have a good laugh 	Write in a journal 	Create a gratitude list 
Do a crossword or jigsaw puzzle 	Take a warm bath or shower 	Practice deep breathing 	Make a to-do list 	Cuddle a pet or look at a cute photo of one online 

When it comes to mental health,
now more than ever, every action counts.

Join in to help create positive change.

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