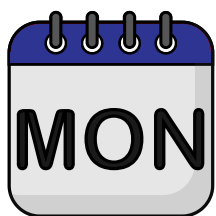


A WEEK OF SIMPLE SELF-CARE ACTIVITIES FOR BETTER MENTAL HEALTH



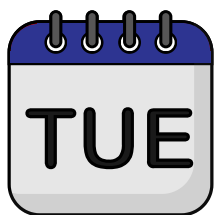
When life gets busy, it's easy to forget about taking care of yourself. But small, regular self-care activities can make a big difference in how you feel, both mentally and physically. You don't have to spend a lot of money or time to care for your well-being. Just doing one small thing each day can help you feel more balanced, more in control, and more connected to yourself and others.

Here's a simple weekly plan with an easy self-care activity for each day of the week:



Take a 10 minute walk outside.

Start your week by getting some fresh air. A short walk can clear your head, reduce stress, and help you feel more energized. If walking isn't easy for you, just sitting outdoors for a few minutes can still offer many of the same benefits.



Call or visit someone you care about.

Loneliness can hurt our mental health. Reach out to a friend, family member, or neighbor for a quick chat; even a five-minute phone call can lift your spirits. Connection matters.



Do something creative.

You don't have to be an artist to be creative. Try coloring, journaling, baking, knitting, or even arranging flowers. Creative activities give your brain a break from worry and help you stay present in the moment.

Check out the next page for more daily activities.

**Declutter one small area.**

Pick one small space, like a drawer, a shelf, or a corner of your desk, and tidy it up. Clearing physical clutter can help you feel more mentally clear and in control.

**Practice gratitude.**

Take a few minutes to think of three things you're thankful for. You can write them down or just say them out loud. Focusing on the good in your life, even small things like a warm cup of coffee or a kind word, can boost your mood.

**Do something just for you.**

What brings you joy? Reading, gardening, dancing in your living room? Make time for something that makes you happy. You deserve it.

**Rest and reflect.**

Give yourself permission to rest. Take a nap, sip tea, or listen to calming music. You can also think about the past week—what went well, what you learned, and what you're looking forward to in the week ahead.

Reminder:

Self-care isn't selfish, it's necessary. Taking care of your mind and body helps you stay strong, cope with stress, and enjoy life more fully. Try adding these simple habits to your week, and see how they make you feel.

Building new habits takes time, and it's okay if you miss a day or two. Self-care isn't about being perfect. It's about showing yourself kindness and doing what you can. If one activity doesn't fit your day, try another. Be flexible, and give yourself credit for even the smallest steps. Mental health is a journey, not a checklist.

**WE CAN HELP.**

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at