Self-Care

5 TIPS TO HELP CARE FOR YOURSELF

Self-care is a great way to prioritize yourself by promoting your physical, mental, and spiritual health. Incorporating daily habits can remind you to take a moment to care for yourself.

STAY ACTIVE AND EXPLORE OUTDOORS

Exercise and proximity to green space not only benefits your physical health, but it can decrease stress, anger and tension. Explore San Diego’s beautiful outdoors with recreational programs through San Diego Parks and Recreations or Mission Trails Regional Park.

DO SOMETHING YOU ENJOY

Hobbies are a great way to improve your skills and help cope with stress. Learn something new through a podcast or dance to your favorite music with iHeart Radio. Research shows that dance improves heart health, muscle strength, balance and coordination.

IMPROVE YOUR SLEEP

Experts suggest that adults should get 7 to 9 hours of sleep a night. Consider OG Yoga’s meditation and yoga classes or reading about other sleep tips – like turning off electronics, through the American Heart Association’s Healthy Living.

EAT A VARIETY OF FOODS

Maintaining a balanced diet and routines around your meals can boost your energy and provide fuel for your body. Consider trying new recipes from Live Well San Diego partners like the American Heart Association and Feeding San Diego.

SEEK SUPPORT FROM A PROFESSIONAL

Seek professional support by calling the local Access & Crisis Line (ACL) at 1-888-724-7240, which offers 24/7 support and resources countywide in over 200 languages from experienced counselors on all behavioral health, mental health and substance use topics.
For more information on partners, mental health resources, and how to get involved, please visit:

www.CheckYourMoodSD.org