

Mental Health Self-Care Tips

1. ADVOCATE FOR YOURSELF

Be a proactive part of your treatment plan!

2. WORK WITH YOUR HEALTHCARE TEAM

Share your concerns with your care providers.

3. TAKE ADVANTAGE OF AVAILABLE RESOURCES

There are social workers and mental health professionals here ready to help.

4. ASK FOR SUPPORT FROM LOVED ONES

Let your loved ones know you need them and how they can help.

5. FOLLOW YOUR TREATMENT PLAN

Physical wellness will naturally feed mental wellness.



Mental Health Self-Care Tips

6. GET PLENTY OF REST

It is hard to feel good when you are tired and fatigued.

7. EAT WELL

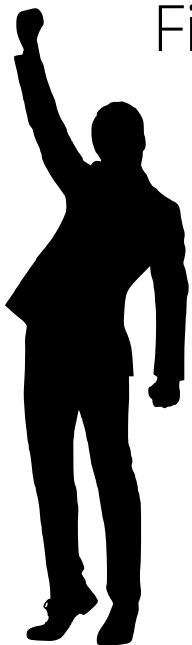
Feeling good physically supports mental health.

8. STAY ACTIVE

Activity can relieve symptoms of depression. Consult with your team for the appropriate amount of exercise.

9. FOCUS ON WHAT MAKES YOU HAPPY

Find things you love to do and do them!



10. SPEAK UP

Let us know if you are struggling, we are here to help.