

## EMOTIONAL SUPPORT / MENTAL HEALTH MENU

We all need Self-Care. Making ourselves a priority allows us to be more present for ourselves and others. It's also a critical step in maintaining one's mental health. We are endlessly bombarded with fear, hate, misinformation, lies, and manipulation. Now more than ever, protecting our mental state, outlook, and overall mood is critical.

Journal – sometimes, getting your feelings out on paper is a way of letting them go  
Go for a walk outdoors – both walking and time outside are good for us  
Time with an animal (can reduce your blood pressure). Cat purrs have a healing frequency  
Listen to music – particularly music that is calming, soothing, or relaxing  
Meditate or breath exercises  
Chat with a good friend  
Read a book or listen to an audiobook – one with an uplifting, positive, or humorous message.  
Exercise – working out will improve your sleep and mood  
Dance in your room or home / take a dance class / go dancing with friends  
Cook a meaningful dish, then enjoy eating it.  
Have a cup of tea / cocktail / glass of wine / favorite beverage  
Intimacy with your partner or yourself  
Do an activity that supports your creativity  
Color  
Knit  
Garden  
Work on a project  
Watch a favorite movie or show  
Spend time learning something new  
Get enough natural sunlight  
Take a nap  
Soak in a hot bath or time in a sauna  
Partake in something soothing & nurturing  
Get a massage / pedicure / spa treatment / etc.  
Take yourself out to a nice meal or show or both  
Snuggle up in front of a fire with yourself, a loved one, a pet, or all three  
Get enough sleep (7-8 hours is recommended)  
Cold Plunge – fill your bathtub with cold water and ice, 3 minutes is all you need  
Book a floatation therapy session in a sensory deprivation tank like OlyFloat in Olympia, WA

*Continued*

## **Self-Care ALSO Includes . . .**

Take long breaks from social media or turn it off altogether.

Limit your time watching, reading, or listening to the news.

Purposely seek positivity, joy, laughter, creativity, and things that make you happy.

Call out bad behavior.

Take control of what you allow into your sphere, mainly what you see and hear.

If you are around audio you'd rather not hear (TV, radio, other people, etc.), see if you can turn it off or leave the room.

Realize what you have control over and what you don't.

Try to let go of things you have no control over.

Limit your time around non-like-minded, negative, verbally offensive people.

Just because they are "family" doesn't mean you must endure their political opinions.

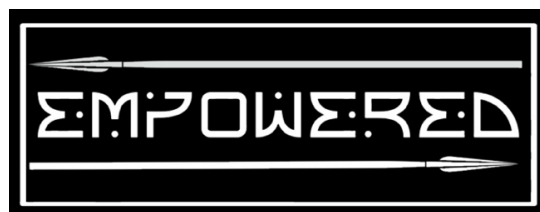
You don't need to endure anyone's political opinions, conspiracy theories, or controversial statements.

Create a few phrases to have ready if you are in a situation with someone you disagree with.

Perhaps - "We are not like-minded." Or "I'm not discussing this with you."

It's appropriate to set boundaries.

It's appropriate to advocate for yourself!



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