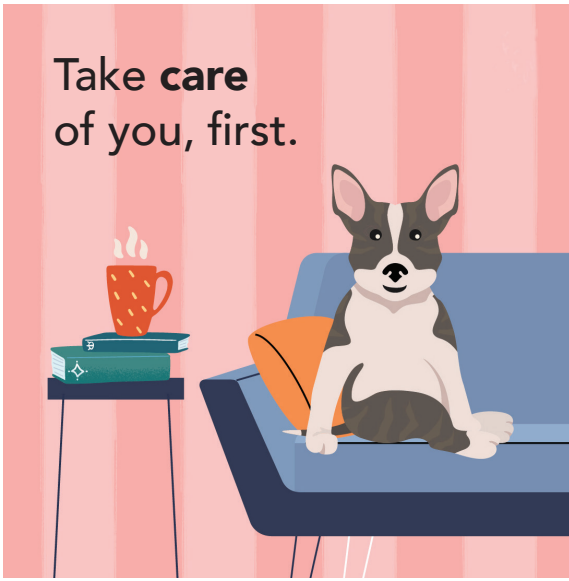


# SELF - CARE WITH GIZMO



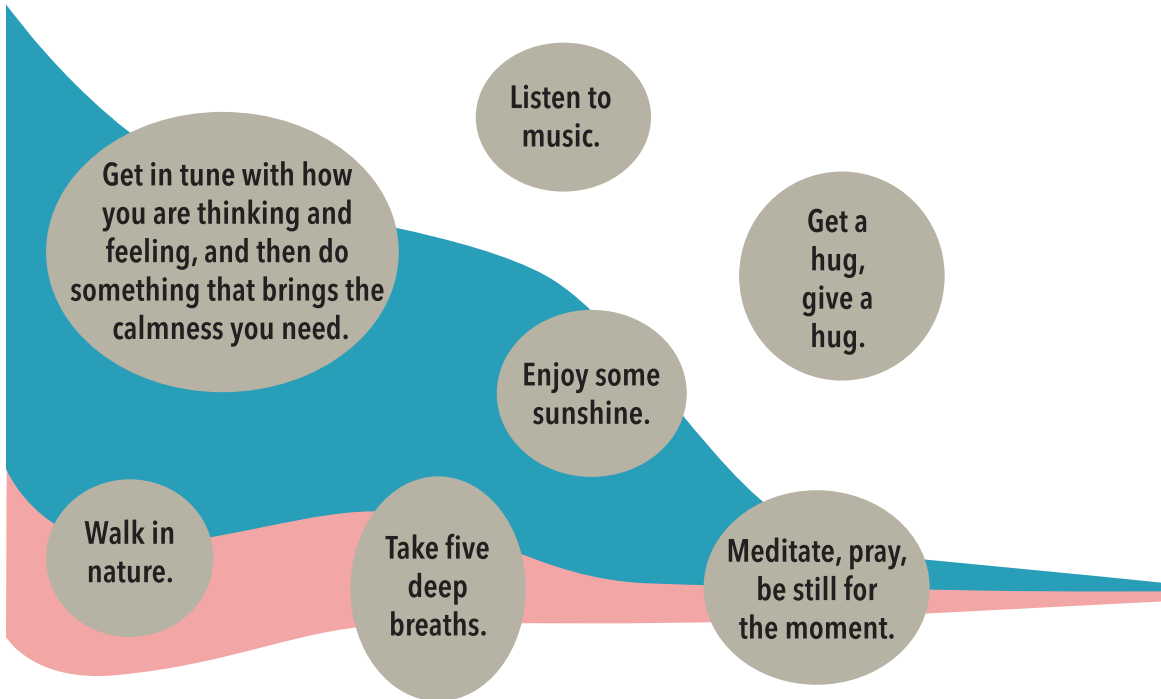
Plan mini self-care breaks throughout your day.

Practice gratitude.

Complete a task, then do something fun.

Design, build, color, paint, compose - tap into your creative side.

Take it easy on yourself - celebrate little wins



Mental health is as **important** as physical health.



Do a self-check if you are feeling tense in your mind or body.

Listen to a podcast while doing chores.

Exercise regularly, sleep enough and eat healthy to positively affect how you think and feel.

Get outside for a few minutes daily.

Cuddle in blankets and drink a warm beverage.

Schedule a five-minute break from everything that is on your mind. Think of something enjoyable.

Laugh

Connect with a friend each week.

Choose your favorite self-care activities and do one every day.

Resist the pressure to be "perfect" - we all have ups and downs.

You need a **mental health** break, too.



For more information about adult self-care with Gizmo visit [www.gizmo4mentalhealth.org](http://www.gizmo4mentalhealth.org).