

30 Days of Self-Care

If you're trying to find or maintain balance, remembering to do the small things can have a big impact on your mental health and ability to bounce back from adversity. Self-care is about making decisions and taking action in the interest of your health. Try each of these tips over the next 30 days. At the end, reflect on what works best for you and commit to making them part of your regular routine.



<p>1 Find some 'me' time! Set at least 20 minutes in your day to do something you enjoy.</p>	<p>2 Get some fresh air! Go for a walk or get outside on your break. Spending time outdoors is associated with reduced stress levels.</p>	<p>3 Call a friend or family member that you haven't talked to lately. Positive and supportive relationships can improve your health and happiness.</p>	<p>4 Pack a healthy lunch or snack to help you fight the mid-day slump. Try using a weekly meal planner and grocery list to make small changes to help you eat healthier.</p>	<p>5 Every step counts! Whether it's getting off the bus a stop early, parking further away, or taking the stairs, look for an opportunity to fit a little extra physical activity into your day.</p>	<p>6 Take a look at your to-do list and identify if there is one thing you can say no to. It's okay to set healthy boundaries.</p>	<p>7 Paying it forward can feel good! Hold the door for a stranger, buy a coffee for someone or leave a happy note in a common area. You may even have the favour returned!</p>
<p>8 Everyone reacts to and manages stress differently. Take a moment to reflect on what's causing you stress and find ways to reduce or manage those situations.</p>	<p>9 Unplug. Turn off the TV and switch all your mobile devices to airplane mode, even for just an hour. Use the time to connect with someone you care about.</p>	<p>10 Focus on what makes you unique. We all have our own set of traits and qualities that make us who we are. Embrace it!</p>	<p>11 Do something you enjoy! Try a new recipe, go for a walk or volunteer in your community. Get your friends and family involved for added fun.</p>	<p>12 Eat your meal away from your work area. It can help you recharge both physically and mentally.</p>	<p>13 Start a gratitude journal and make a list of things that you appreciate or things that bring you joy. Reflect back on these when you need some extra positivity.</p>	<p>14 Clear the clutter. Take five minutes and tidy an area at work or at home. Being organized can help you 'reset' and focus on other important things in your life.</p>

<p>15 Eat meals with families, friends, and co-workers. It is a great way to catch up on each other's day and build positive relationships.</p>	<p>16 Try meditating for 10-15 minutes. Find a quiet place and sit in a comfortable position. Close your eyes and focus on your breathing. Acknowledge thoughts that enter your mind and let them go.</p>	<p>17 Accept help. Try sharing your to-do list with others and see if someone can help you with a task. It can be as simple as asking for help with a household chore or with a project at work.</p>	<p>18 Go outside for a walk and take in some fresh air. Always use sunscreen, no matter the season or weather, especially between 11 a.m. and 3 p.m., when the sun's rays are the most intense.</p>	<p>19 Laugh today! Try to find humour in situations. Laughing can boost your mood and help you reframe your perspective during stressful times.</p>	<p>20 Go with the flow. Try to understand that your day may not go exactly as planned and make adjustments as needed.</p>	<p>21 Take time off! If you haven't scheduled your earned vacation time, take a few minutes to plan it out and talk about it with your manager.</p>
<p>22 Drink an extra glass of water. Staying hydrated at work will help you stay alert. Try adding 'flavor' to your water with lemon, lime, cucumber, fresh mint or berries.</p>	<p>23 Take a minute to identify your expectations of yourself and others. If these expectations aren't helping you, try to let them go. You may be pleasantly surprised.</p>	<p>24 Make a list of things you can do today that will make tomorrow easier. Planning ahead can ease the feeling of being overwhelmed.</p>	<p>25 When you find yourself in a difficult or stressful situation, take a moment to breathe. Breathe in for a count of four, hold it for a count of two, and let it out for a count of four. Repeat 10 times.</p>	<p>26 Make time for simple pleasures, such as watching the sunset, playing with your pet, or simply sitting and drinking a good cup of tea with someone you love.</p>	<p>27 Shut off all screens (TV, mobile phone, tablet, computer) at least one hour before bedtime. Calm your mind by writing down what's in your head to aid in falling asleep.</p>	<p>28 Do something outside of your comfort zone. Some of the best memories are created in unexpected moments or situations!</p>
<p>29 Think about ways that you are active like gardening, walking with your pet, friends or family, or joining in organized sport. Set aside some time to do your favorite physical activity.</p>	<p>30 Set aside 15 minutes to think about the practices you have tried over the past month. Continue those that worked well and commit to making them part of your regular routine.</p>	<p>Join the conversation, and be inspired to think about your wellness!</p> <p>Share what balance looks like to you, using #AHSwhatsyourbalance on social media. Or visit ahs.ca/whatsyourbalance to download the Wellness Scorecard to get started on your path to finding balance.</p>				