

Solutions to Support Women's Mental Health

Prioritizing care of ourselves is easy to say and not as easy to do. We all know we need it and we will be happier and healthier for it, yet for many women we put ourselves last. Sometimes we forget that physical and mental health are very much connected. Remind yourself that self-care is required to maintain balanced overall health, it is not optional.



As your mental health ally, we ask that you choose one or more from each of the 5 Healthy Habits below. Practice them for 2 months to form a habit that will help to prioritize YOU! Even better, ask a friend to be your mental health buddy and tackle it together.



TAKE CARE OF YOU

- Stay hydrated, drink at least 8 glasses of water a day
- Take a shower, a bath, or the extra minute to get ready for your day
- Take time to research a new sunscreen to try or an essential oil to use to wind down at night
- Eat at least three homecooked meals each week with healthy veggies and protein
- Stick to a sleep routine or take a nap



CHECK IN REGULARLY

- Start each day with affirmations (there's lots of apps that help with this!)
- End each day with 3 things that didn't suck (focus on gratitude)
- Stop the compare game with your body, accomplishments, and goals
- Make a regular appointment with a mental health professional



ENGAGE AND CONNECT WISELY

- Say no, create healthy boundaries
- Give yourself (and a friend) one TRUE compliment each day
- Plan one social outing each week - dinner, a movie, book club, hike, a phone date



RELAX

- Set a timer for a 5-10 minute break during the day to be present
- Daydream about the future, plan to do fun things to fill your cup
- Have a 30 min dance party to get those endorphins bopping!
- Exercise at least 30 minutes each week



REACH OUT WHEN SUFFERING EMOTIONALLY

- Write down the lies and the negative self talk, throw them in the trash to remind yourself that they're not true
- Reach out to a friend when you are having a hard time
- Take the time to write down your emotions until recognizing them is second nature