



What You Need to Know to Complete the 30-Day Mental Wellness Practice

SELF-CARE PRACTICES SHEET

- Contains 40 self-care practices
 - 36 practices are sorted into 3 main categories: (1) for your body, (2) mind, and (3) mood & relationships.
 - 4 practices are group bonuses meant to be completed with other practice participants.
- Some practices include links to resources that provide extra information and guidance. Just click on the underlined text to access.
- **You should complete at least 1 practice from this sheet on *each practice day, and at least 1 practice from each of the 3 main categories every week.** You can complete a practice more than once.

*You have 3 free rest days on which you do not need to complete a self-care practice. You decide when to use them.

CALENDAR

- Can be downloaded, edited, and printed out
- Includes a sample calendar, for your reference
- **You should fill out the calendar whenever you complete a self-care practice. For each day, write out which practice you completed. For each week, check off which categories you selected your practices from.**

REMEMBER...

This experience is meant to be fun and supportive of your mental wellness! To get the most out of your journey, pick practices that match your abilities and lifestyle, complete practices with a partner or group, and share your progress with friends and family or on social media. You can also reflect on your experience using the Self-Reflection Worksheet.



30-Day Mental Wellness Self-Care Practices

Body	Mind	Mood & Relationships	Group
Take the stairs instead of the elevator	Get 7-9 hours of sleep	Eat a source of <u>omega-3 fatty acids</u>	Develop a <u>nightly routine</u>
Go outside for a 15 minute walk	Take a relaxing, hot bath	Drink 16oz <u>more water</u> than usual	Complete 30 minutes of <u>aerobic exercise</u>
Practice <u>guided meditation</u>	Write a <u>gratitude letter</u>	Reflect on 3 things you accomplished this week	Try out a new recipe
Write <u>down</u> your goals for the future	Watch a movie that makes you feel good	Read a book or listen to a podcast	De-stress by <u>coloring a picture</u>
Share good news with someone	Perform an <u>act of kindness</u>	Reach out to a loved one - call or text	Make plans to meet-up with a friend
Feel your emotions using the <u>Junto wheel</u>	Spend quality time with a loved one or pet	Do something that brings you joy	Sing or dance along to your favorite song
Watch the sunrise or sunset together	Sign up for a group class or activity	Play an interactive game (e.g. charades)	Share a meal together
Light a candle and relax for 10 minutes	Avoid sugary or caffeinated drinks	Choose a personal mantra for self-soothing	Clean/organize your personal or work space
Eat a bowl of your favorite fruit	Stretch or do yoga	Celebrate a recent accomplishment	Share something that has been bothering you
Digital detox for a day	Write a <u>creative poem</u>	Treat yourself to flowers or a plant	COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY LIVE WELL SAN DIEGO

For more practice materials visit bit.ly/BHS_MWC

Revised 01/26/2024

30-Day Mental Wellness Practice Calendar

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<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12
<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18
<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24
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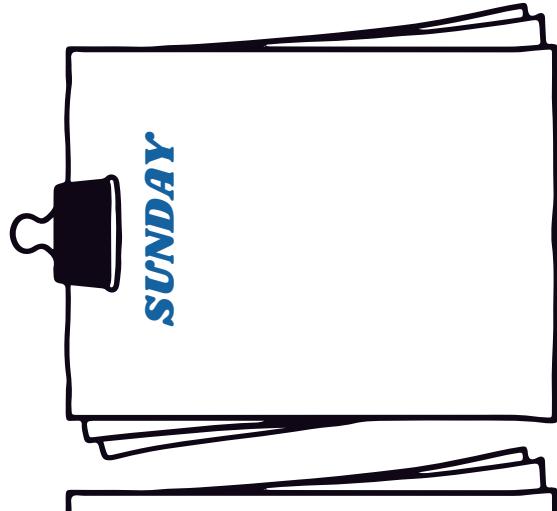
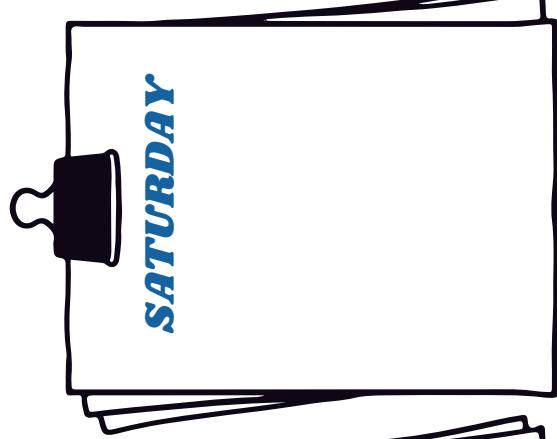
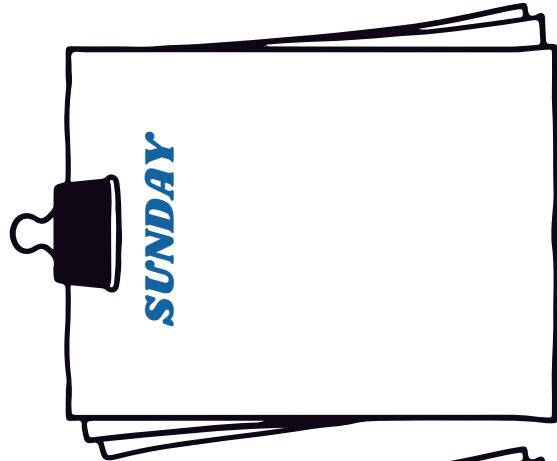
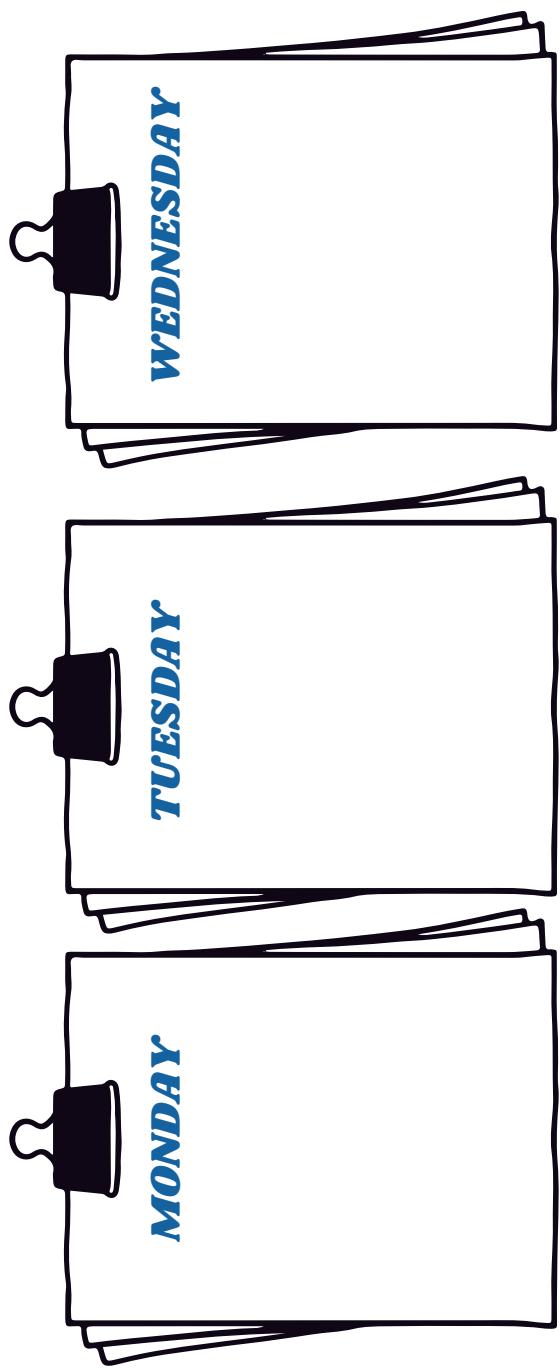
Revised 1/23/2024



LIVE WELL
SAN DIEGO



WEEKLY PRACTICES



30-DAY MENTAL WELLNESS PRACTICE SELF-REFLECTION



Congrats on completing the 30-Day Mental Health Practice! Take some time to reflect on your experience.

HOW DO YOU FEEL?

How did completing the self-care practices affect your mood? How do you feel about your overall experience?



FAVORITE SELF-CARE PRACTICES

LESSONS

What is your biggest takeaway?



LIVE WELL
SAN DIEGO



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30-DAY MENTAL WELLNESS PRACTICE

SELF-REFLECTION

Insert any pictures you took in relation to the 30-Day Mental Wellness Practice!

GRATITUDE

Remember to express gratitude towards anyone who supported you during your journey!

MOVING FORWARD

Now that you have tried different self-care practices, you should have an idea of which practices best suit you and your routine. How will you continue using self-care to support your mental wellness?

FAVORITE MOMENTS



PLEASANT SURPRISES

What surprised you during this practice?

