

# 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?*

I noticed that I felt less anxious after completing self-care practices. I also felt less tired and groggy in the mornings. Taking time for myself brought me a sense of calm and control. I really enjoyed my experience, and I am proud of myself for participating in the 30-day practice. I mostly chose practices that fit my interests, but I also tried lots of new things.



## FAVORITE SELF-CARE PRACTICES

Walk outside for 15 minutes.  
Try out a new recipe.  
Read a book.  
Watch the sunset.  
Stretch or do yoga.  
Spend quality time with a pet.  
Color a picture.

## LESSONS

*What is your biggest takeaway?*

I learned that self-care can be a lot of different things. Before, I thought it was like a special spa day, but now I realize that it's about taking moments for yourself throughout the day. These practices make my days better and stop me from getting worked up or stressed.



LIVE WELL  
SAN DIEGO

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*Beach Day!*



*Tried a new recipe*

## 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?*

I enjoyed practices from all of the categories, so I will continue using different ones to keep things fun and interesting. I might even try some new ones!

I work from home most days, so I will use my breaks to do things like guided meditation, short walks outside, and coloring. On the weekends, I will do more social activities like spending quality time with loved ones and going out for a meal. I think I will also add practices to my morning and nighttime routine like practicing gratitude and stretching.

## FAVORITE MOMENTS

One Friday evening my friends and I watched the sunset together. The view was incredible and I was surrounded by some of my favorite people.

I listened to a cool podcast about the history of crossword puzzles. I learned so much, and now I have something fun to share with others.

## PLEASANT SURPRISES

*What surprised you during this practice?*

I was surprised by how much I looked forward to trying new practices. At first I was worried that I wouldn't have time, but a lot of them took less than 15 minutes and I found myself wanting to do even more.

