



SB-YOU: Take Care of Your Mental Health
The Self-Care Basics
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There are several ways that you may look after your mental and emotional health needs. The following activities are considered the basics of self-care.

- Proper diet
- Enjoyable exercise
- Proper sleep
- Mindfulness exercises
- Self-expression—art, singing, journaling, etc.
- Spending time with friends and/or family
- Making friends online
- Joining a Meetup or other special-interest/hobbyist group
- Joining an emotional support group
- Spending time in solitude
- Taking up a hobby (old or new)!
- Asking for help/support from trustworthy, supportive people
- Volunteering
- Breaking stressful and daunting tasks into smaller pieces, and delegating tasks to trustworthy loved ones and supportive people