50 THINGS YOU CAN DO NOW TO IMPROVE YOUR MENTAL HEALTH AND WELLBEING

Improve your physical health

1. Do 5 Jumping Jacks
2. Take a hot bath or a cold shower
3. Schedule a doctor or dental appointment
4. Eat a salad or a serving of vegetables
5. Drink a glass of water

Improve your emotional health

7. Look in a mirror and smile at yourself
8. Close your eyes and count down from 100, taking in deep breaths.
9. Give yourself a foot massage
10. Forgive someone (even yourself)
11. Write down one good thing that happened
12. Call someone you care about

Improve your social health

I13. Go to a community paint event
14. Take a walk in the park
15. Reconnect with an old roommate, classmate, or cousin
16. Skip out on an event you are dreading and do something you love by youself
17. Smile at a stranger (better even if it's a child)
18. Follow someone who inspires you on social media

Improve your occupational health

19. Update your resume
20. Get to know a coworker a little better
21. Show up 15 minutes early and let yourself settle into your workspace
22. Take your 15 minute breaks and actually walk away from the workstation.
23. Join a professional networking group
24. Sign up for a professional education course or training

Improve your intellectual health

25. Read a good book (or listen to the audio version)
26. Watch a documentary about something that interests you
27. Learn or practice a foreign language on an app or with a friend.
28. Talk to someone about what they do. Interview them like you're on a talk show. Be curious!
29. Say "I don't know" when you don't, and then go figure it out.
30. Play a game or do a puzzle, sudoku, crossword, or other mind stimulating activity.

Improve your spiritual health

I31. Sit silently and observe the world around you (wherever you are) as if for the first time.
32. Listen to music that fills your soul with joy
33. Take a long walk with no destination in mind
34. Play with a child
35. Look at the stars at night, or watch the sunrise or sunset.
36. Say a prayer or meditation for yourself or others

Improve your environmental health

37. Find some outdoor water and put your feet in it.
38. Put your hands on and in the earth: sand, dirt, mud, grass, rocks, snow, whatever is around you.
39. Lay on the ground and watch the clouds roll by. What do you see in the clouds?
40. Go forest bathing. Get into the woods and use all your senses to take in your surroundings.
41. Make your bedroom, office, or living room an oasis. Add plants, lighting, art, and furniture that create comfortable, relaxing space for you.

Improve your sexual health

42. Get to know yourself and your body. Take your hands and caress your entire body, appreciating each part of you.
43. Read a book on sexuality, sex, or sexual positions. Find out what good sex means to you, so you know how to have it.
44. Watch a sexy video or movie and see what you like. Do this alone or with your partner(s).
45. Get tested for sexually transmitted infections if you are sexually active. Make it an annual (or more often) event to care for your body.
46. Practice safe sex. Decide what that means for you whether it is limiting partners, using protection, or talking about sexual expecations and consent.

Improve your financial health

47. Create a basic budget to live by. The easiest way is to identify how you are already spending your money and put it into one of three categories: bills, needs, and wants. Check it often.
48. Ask for that raise!!
49. Take a set amount of money out of your paycheck and pay yourself first. Put it in a savings account, piggy bank, or frozen in ice so that you have it for a rainy day. Even $5 adds up. Decide what it's for and don't touch it for anything else.
50. Make a list of things you enjoy doing that don't cost money. You may be surprised at how much fun you can have without spending a dime.