

30 Days of Self-Care

It's not 'stress' that turns life upside down...it's our reaction to it.

Take out your favorite cozy item (or get something new): Slippers, blankets, pjs

Post a positive note to yourself on your bathroom mirror

Snuggle up with your pet or find a stuffed animal to hold on to

Designate a few hours (or a day) to be phone or social media free

Cook or buy something warm and comforting to eat, make a favorite recipe

Journal or write a letter to release something that has been on your mind

Read something or listen to a podcast

Donate items you don't use or need to someone

Play a board game or cards (if you need more players, play virtually)

List 3 things you are grateful for

Share a treat with someone

Go for a mindful walk - be connected to the moment with each of your senses

Close your eyes and take 5 deep breaths. Download an app like Calm or InsightTimer

Take a long bath or shower

Ask for a hug

Relax by a fire pit, fireplace, or download a Fireplace app

Watch a favorite movie or a movie you've been wanting to watch

Take a road trip

Do one random act of kindness

Call (not text) a friend and tell them how you are really doing

Rely on others to help you! Say YES!

Organize or clean one area of your living space

Do something you've been putting off, then reward yourself!

Make a playlist of your favorite songs

Work on a DIY project or craft

Watch the sunrise or sunset without distractions

Take a true lunch break

Exercise, walk or stretch for 15 minutes

Enjoy doing something outdoors like hunting, fishing, or biking

Set a self-care goal for the winter

Resources

Applications



The **Calm** app helps teach users ways to calm their body and ease their mind.

The **Mood Kit** app utilizes games and activities to help people improve their mood.



MY3 aims to keep you connected to your core network, asking you to choose three close contacts that you feel comfortable reaching out to whenever you feel down, helps you build your own Safety Plan, so that you can easily act when you recognize your warning signs.



Insight Timer features guided meditations, music and talks posted by contributing experts.



BecomeAnEX is a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. Visit <https://www.becomeanex.org/>.



quitSTART App is a free smartphone app that helps you quit smoking by providing tips, inspiration, and challenges to help you quit for good. Go to your app store to download or go to <https://smokefree.gov/>.

Websites



National Alliance on Mental Illness – South Dakota is an organization dedicated to improving the lives of persons affected by mental illness. For Tips or Trainings in your area, find them on Facebook: @namisodak or visit www.namisouthdakota.org.



South Dakota QuitLine – Receive up to 12 weeks of FREE personal coaching and cessation medication. You can call 1.866.SD-QUITS (1-866-737-8487) or go to SDQuitLine.com/enroll.



Mental Health America promotes mental health and works to prevent mental illness through advocacy, education, research and services. Visit <https://www.mhanational.org>.



Partnership to End Addiction provides personalized support and resources for families impacted by addiction. Visit <https://drugfree.org>.

Local Resources



211 Connections Center is staffed 24/7 by trained information, referral, and crisis specialists. In addition, there are resources on their website to check out! Text '57201' to 898-211, Call 211, or visit www.helplinecenter.org.

Human Service Agency Crisis line - 24/7 Call 605-886-0123. Visit www.humanserviceagency.org to learn more about HSA's services.



Helpline Center If you or someone you know is having suicidal thoughts please call, text, chat 988 anytime, day or night.

Encouraging Wellness in Watertown is a Facebook group that shares wellness tips, resources, information and events that relate to mental health. Join the discussion at Facebook: @WellnessWatertown.

Encouraging
Wellness in Watertown



NEPRC
NE PREVENTION RESOURCE CENTER
Human Service Agency

