

My Wellness Guide

30 Ways to feel better

Here are some suggestions that you may find helpful in your day-to-day life. Share them with your doctor. Together you can decide which of these tips may make sense for you.

This resource is provided for informational purposes only and is not intended as a substitute for a healthcare professional's independent judgment. Always follow the healthcare advice of your doctor. Do not change the way you take your medication without talking with your doctor.

If you have suicidal thoughts, call your doctor or 911, or go to an emergency room. Take suicidal thoughts seriously and get help immediately.



1. Enjoy Simple Things Around You

Take a photo today of something that catches your eye. Maybe it's the way a cloud moves across the sky. Perhaps it's the shape of the foam on your cappuccino.



3. Keep Moving

Do some kind of movement — you can try taking a walk or light stretching. It may help you get out of your head and focus on the present. Of course, talk to your doctor before starting a new exercise routine.



2. Practice Self-Care

Take a bath, consider using aromatherapy, moisturize. Remember you come first, and sometimes taking care of what's on the outside is important, too.



4. Take a Time-Out

Sometimes everyone needs a break. Use your free time to give yourself the space to do things that make you feel happy and healthy. Remember to be gentle with yourself.



5. Embrace Change

You may not ALWAYS feel this way—things change, emotions change. Try to remember that some days may feel better than others. Even when it doesn't feel like it, you may still be making progress.



7. Make Art

Not an artist? That's okay. This is just for you. Try to express your feelings in ways that feel good to you—maybe it's writing, maybe it's drawing or painting.



6. Talk With a Friend

Talking about your feelings can be very uplifting. If you have a friend or family member you trust, talk to them. A good conversation may help you feel better.



8. Pay Attention to Your Breath

As you take several breaths, visualize and feel the way the air fills your body.



9. Curate Your Life

Make time each day to take a picture of something that provokes a positive feeling for you. Keep your pictures in a place you can easily access them. Review them when you need to.



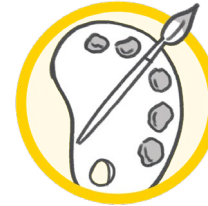
11. Seek Creature Comforts

Spend some time with the animals in your life (or a friend's animal). They can be full of unconditional love and energy.



10. Engage Your Mind

Play a game or explore an activity you've never tried before, like joining a book club. You can do both online, so it's never been easier to engage your mind while having some fun.



12. Reconnect With an Old Hobby, or Start a New One

Take a moment to think about what interests you. Maybe it's a craft, like sewing, or you've always wanted to try home improvements. It feels good focusing on something creative.



13. Spend Time Imagining

Imagine a future where you could be anything and everything you want. Your imagination could open up new possibilities.



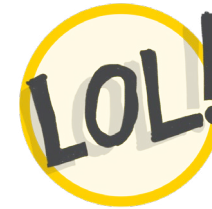
15. Join Others

Distance needn't stop you connecting with an old friend. Why not start a group video chat?



14. Try a Change of Scenery

Step into another room, or take a walk around the block. Sometimes a change of scenery can be just what you need.



16. Find Something that Makes You Laugh

Sometimes it just feels really good to laugh. Can you do something just because it is funny? Can you make a funny face? Sing a funny song?



17. Dance Like You're a Kid Again

Don't be embarrassed. Try it. Put on your favorite music and dance.



19. Write a Note to a Loved One

Take the time to write a letter. Get some stamps and envelopes. Just putting your thoughts down on paper and sending it can feel good. Receiving a letter can also brighten your day!



18. Allow Yourself Time

It is important to take time to allow yourself to feel your feelings. When you're planning your day, make sure you schedule enough time for yourself.



20. Garden

Lack of outdoor space needn't stop you from experiencing nature. Even planting some seeds or a potted plant may have a calming effect.



21. Teach Yourself Something New

Study a new language, learn more about science, or discover new facts about places you've always wanted to visit.



23. Read a Favorite Book

Immerse yourself in a good book. A good story can be very absorbing and can help keep your mind engaged.



22. Imagine Positive Outcomes

It can often be easy to imagine the worst. If you do, challenge yourself to also imagine what the best possible outcome of a situation might be.



24. Power Down

A good night's sleep can work wonders. To help you ease into sleep, try switching off all your electronic devices at least an hour before bedtime.



25. Affirm the Positive

Jot down positive affirmations on sticky notes and stick them around your house or at work. Remind yourself of the little ways in which things are good.



27. Give Yourself Recess

Take a moment every day to focus on relaxation. A scented candle or some calming music can have a soothing effect.



26. Find Your Inner Chef

Cooking can be fun and relaxing. And a healthy diet can positively affect how you feel.



28. Make a Small To-Do List

Keep a short list of things you want to accomplish each day. Check them off as you do them. And be proud of yourself for taking positive steps.



29. Collect Keepsakes that Make You Happy

Fill a special box with pictures of loved ones, reminders of pleasant memories, or things that keep your brain active. Draw from the box when you need a pick-me-up.



30. Stop to Visualize the Roses

Use your imagination to visualize scenarios that feel safe and pleasant for you. Imagine you're in a park or sitting beneath the stars in a peaceful meadow.

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