



A Year of Resilience

INTEGRIS

HOW TO MAKE A SELF-CARE PLAN

If you recall, last week we mentioned to set yourself up for success, you need a self-care plan. Taking care of your personal well-being is just that — personal. So, everyone's personalized self-care plan will look different. But to help get you started, here is a plan, courtesy of The British National Health Services, which provided these recommendations based on many clinical studies.

The 5-Step Plan for Mental Well-Being

- **Connect** — connect with the people around you: your family, friends, colleagues and neighbors. Spend time developing these relationships. Learn more in [Connect for mental well-being](#).
- **Get regular exercise** — you don't have to go to the gym. Take a walk, go for a bike ride or walk your dog. Find an activity you enjoy and make it a part of your life. Learn more in [Get active for mental well-being](#).
- **Keep learning your whole life** — learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking class, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in [Learn for mental well-being](#).
- **Give to others** — even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community center, can improve your mental well-being and help you build new social networks. Learn more in [Give for mental well-being](#).
- **Be mindful** — be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness." It can positively change the way you feel about life and how you approach challenges. Learn more in [Mindfulness for mental well-being](#).

For You. For Health. For Life.