

People in the workforce face stress. As someone dedicated to your job you may find that your responsibilities and tasks are sometimes a barrier to caring for your mental health.

Developing self-care habits can help you better navigate your role and maintain your sense of purpose outside of work.



Nourish Your Body

- Research shows a positive relationship between a **healthy, balanced diet and mental health.**
- Eat **regular meals and snacks**, and **stick to a schedule** that works for you.

Make Time for Rest

- Studies demonstrate people who sleep 6 hours or less each night are more likely to experience low mood and other mental health side effects.
- **Create a sleep routine** to unwind, relax and ensure you get **the right amount of sleep for you.**

Reach Out

- **Send a text, schedule a FaceTime or Zoom video chat, or pick up the phone to call a friend.**
- Take steps to increase social connection outside of work to avoid the health impacts of social isolation.

Find a Way to Play

- Whether it's throwing a ball with your dog, playing tag with your kids, dancing along with the radio, or enjoying a card game, **adults need to play too!**
- Studies demonstrate that when you **exercise your sense of play**, your brain can **overcome emotional difficulties with less stress.**

Practice Gratitude

- Take a few minutes each day to **write down or think about what you are grateful for.**
- Studies show that over time, those who write in a **gratitude journal** experience long term health benefits, including **positive changes to the brain.**



@NAMICHicago

If you need mental health help,
call the NAMI Chicago Helpline at:

833-626-4244

M-F 9am-8pm
Sat & Sun 9am-5pm
Closed on Holidays