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.

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