

# Mental Self-Care



## Mental Self Care

Take time to relax \_\_\_\_\_

Joy and Fulfillment in activities \_\_\_\_\_

Support System \_\_\_\_\_

Practice Mindfulness \_\_\_\_\_

Stay present in the moment \_\_\_\_\_

Your Score: \_\_\_\_\_

Each line is worth 5 points each. If your total is 15 or below this is an area of concern.

If your assessment shows that **Mental Self-Care** could use some attention, let's take the first step together. Click here to start prioritizing your well-being today. Which area do you feel needs the most attention right now? Choose the one you'd like to focus on first:

- **Take time to relax** – Give yourself permission to rest and recharge. Relaxation isn't a luxury; it's essential for reducing stress and improving mental clarity.
- **Joy and Fulfillment in Activities** – Engage in hobbies and passions that bring you happiness. When was the last time you did something just for fun?
- **Support System** – Strengthen connections with those who uplift and encourage you. Having a reliable support network can make a world of difference.
- **Practice Mindfulness** – Develop habits that help you stay grounded, such as deep breathing, meditation, or journaling.
- **Stay Present in the Moment** – Let go of distractions and worries about the past or future. Fully experiencing the present can enhance your sense of peace and clarity.

