Teladoc®
HEALTH

31 days of mental health mindfulness

You know it's important to care for your physical health. Did you know that caring for your mental health is just as important?

The brain is the most important organ in the body

If it's not in good shape, the rest of the body can't work effectively. Most know it's important to maintain strong muscles and a fit cardiovascular system. It's equally important to show the same kind of commitment and discipline to caring for your mental wellness as well.

May is Mental Health Awareness Month

The following pages contain 31 activities to help you prioritize your mental health. Use it as a checklist and try to accomplish one activity each day. **Remember, these activities can also help any day of any month.**

1
Plan on a good night's sleep
Fresh sheets and a regular bedtime routine can set you up for recharging your mind and body.[1]

2
Make a date with yourself
Do something you enjoy.[1] Visit a museum or see a movie. Taking time for yourself is a form of self-care.

3
Add flax seeds for flavor and crunch
They contain omega-3 fatty acids, fiber and folate, which can help boost your mood.[2]

4
Talk it out
Discuss your thoughts and feelings with a trusted friend. Or connect with a therapist.[1] They may be able to better help you manage stress.

5
Let in the light
Aim for 30 minutes of natural sunlight each day to boost your mood while you are awake and help you sleep better at night.[1]

6
Pay it forward
Show kindness. Buy a friend or stranger a coffee or lunch. They will get a jolt of happiness, and the social connection[1] is good for you too.

7
Reframe negativity
Find a positive angle.[1] Think of your challenges as opportunities to learn and grow.

8
Stay connected
Call a loved one and catch up on the phone or a video chat.[1] Building and maintaining healthy relationships is good for your mental well-being.

9
Be mindful
Practice being aware and present in the moment instead of on autopilot.[1]

10
Eat fish for dinner
Wild-caught salmon[3] contains omega-3 fatty acids.[2] It helps fight inflammation, which research suggests may be linked to depression.

11
Start a journal
It doesn't have to be long. Just put words to a page. Aim to "notice the good"[1] and add to it every day.

12
Be creative
Paint, sing, read, garden or dust off a musical instrument. Play with a group or friends. This will help build a healthy support system[1] and can be uplifting.

13
Rest your best
Limit electronics and avoid alcohol, caffeine, large meals or exercise too close to bedtime.[1]

14
Do an act of service
Volunteer at a school, food bank or shelter for a feeling of belonging[1] and being part of a community.

15
Take a 10-minute walk outside
Activity helps improve your mood and reduce stress.[1] Your body will thank you and your mind will too.

16
Practice gratitude
Take stock of what you are fortunate enough to have and who you are lucky to know.[1] Perspective affects your outlook.

17
Snack on walnuts
Like flax seeds, they are a good source of fiber and mood-boosting folate.[2]

18
Show compassion for yourself
Note your accomplishments. This fresh perspective can change your mood.[1]

19
Ask for help
It's one of the hardest things you can do.[1] Having someone step in or talking to a mental health professional to help you cope will make a difference.

20
Check in with yourself
Journal your feelings. Just a few words will suffice. Think about your beliefs and what is important to you, and let them guide you.[1]

21
Dance it out
Put on some music and get your heart pumping. You'll relieve stress,[1] possibly release some endorphins and put a smile on your face.

22
Color your world
Invest in an adult coloring book. The repetitive action and expression of your creativity can have a calming effect.

23
Say no
Setting priorities and boundaries are healthy ways[1] to keep from taking on too much.

24
Spice it up
Fight inflammation and possibly depression with spices like turmeric, ginger, garlic and black pepper.[2]

25 — Practice self-care

Take a walk, soak in a warm bath, get a manicure or have coffee in a cozy café. Live in those moments and recharge.

26 — Shift your focus

Try not to dwell on what you can't control. When something outside of your power happens, concentrate on what you can fix.

27 — Find the fun

Laughter brings about positive emotions, which reduces stress and improves your sense of well-being.[4] Watch a sitcom or find funny videos online.

28 — Plan a meal with a friend

Eating together is a great way to stay connected with loved ones.

29 — Try a 10-minute meditation

Be aware of your breath and take in sights and sounds. Let thoughts and worries leave your mind as you focus on the present.

30 — Seek serenity

Look for opportunities in the day to pause, breathe and be mindful.

31 — Give yourself a pat on the back!

Taking pride in reaching goals will make you happy. And it gets better—it releases dopamine and serotonin.[3]

Congratulations—you're on the road to improving your emotional health!

Now keep it going. Draw from what you've learned along the way to stay in touch with yourself.

Learn how Teladoc Health can help support you on your wellness journey. To sign up or learn more, go to TeladocHealth.com/Smile.

[1] https://www.nih.gov/health-information/emotional-wellness-toolkit
[2] https://www.heart.org/en/news/2022/03/30/how-to-boost-your-mood-through-food
[3] https://www.eatright.org/health/essential-nutrients/fats/what-are-omega-3-fatty-acids
[4] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8496883/