



31 days of mental self-care



Caring for your mental health is as important as caring for your physical health.¹ All of the systems in your body work together, and when one thing is out of sync, the others can be impacted.

Believe it or not, eating, sleeping, exercising, socializing and how you're talking to yourself can affect your mental health. Turn to the next page for 31 activities that encompass all these categories. Every activity will positively impact your mental health. Use this calendar as a to-do list and try to accomplish one action each day.

Remember, you can do any of these any day of any month.

1

Plan on a good night's sleep

Fresh, comfy 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, engage in a hobby or see a movie. Taking time for yourself is a form of self-care.



3

Add flavor and crunch

Top your meals with flax seeds, almonds or walnuts for mood-boosting omega-3 fatty acids and fiber.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. It can help you sleep better too.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 connection¹ is good for you too.



7

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.



8

Reframe negativity

Find a positive angle.¹ Think of your challenges as opportunities to learn and grow.



9

Be mindful

Practice being aware and present in the moment, instead of being distracted by your devices.¹



10

Eat seafood for dinner

Fish³ contains two types of omega-3 fatty acids. Research suggests low levels of omega-3 fatty acids may be linked to depression.²



11

Start a journal

Entries don't need to be lengthy; just put words to the page. Aim to notice something good¹ and write about it each day.



12

Be creative

Paint, write, garden, color or make music. Do it with friends. Building a healthy support system¹ through shared interests can be uplifting.



13

Rest your best

Limit electronics and avoid alcohol, caffeine, large meals and exercise too close to bedtime.¹



14

Do an act of service

Volunteer at a school, food bank or shelter for a feeling of belonging¹ and community building.



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 in what you are fortunate to have and who you are lucky to know. ¹ Perspective affects your outlook.



17



Snack on fresh fruits and veggies

They are a good source of fiber, and eating healthier foods can boost happiness.²



18

Show compassion for yourself

Note your accomplishments. This fresh perspective can change your mood.¹



19

Ask for help

For many this is hard to do.¹ Reaching out to family, friends or a mental health professional will make a difference.



20

Check in with yourself

Explore your feelings. Write them down. Think about your beliefs, what is important to you, and let them guide you.¹



21



Dance it out

Put on music and get your heart pumping. You'll relieve stress¹ and release feel-good brain chemicals. And it will 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 ways¹ to keep from taking on too much.



24

Treat yourself

Dark chocolate in moderation has been linked to improved mood and reduced tension.²



25

Practice self-care

Take a walk, soak in a warm bath, get a manicure or enjoy a 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 reduces cortisol, the body's stress hormone, 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, 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!

Focus on progress, not perfection. Taking pride in setting and reaching goals will make you happy.¹



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 Livongo can help support you on your wellness journey.
To sign up or learn more, go to Go.Livongo.com/STATEOFIOWA/New.

¹<https://www.nih.gov/health-information/emotional-wellness-toolkit>

²<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/food-and-mood>

³<https://www.eatright.org/health/essential-nutrients/fats/what-are-omega-3-fatty-acids>

⁴<https://www.psychologytoday.com/us/blog/evidence-based-living/202408/why-laughter-is-such-good-medicine>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Hola.Livongo.com/STATEOFIOWA

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