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Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

This month, challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

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|--|--|---|--|--|
|  <p>Cook a healthy meal</p>  |  <p>Head out on a nature walk or hike</p>  | <p>Make a playlist based on your current mood</p>  |  <p>Head to bed early</p>  | <p>Practice mindfulness</p>  |
| <p>Watch a new TV show</p>  | <p>Take a break!</p>  | <p>Connect with your community</p>  | <p>Discover a new blog</p>  |  <p>Stretch or practice yoga</p>  |
| <p>Discover a new podcast</p>  | <p>Put on your comfiest clothes</p>  |  | <p>Start a new book</p>  | <p>Try a new tea/coffee</p>  |
|  <p>Paint or draw</p>  | <p>Set a goal</p>  | <p>Have a good laugh</p>  | <p>Write in a journal</p>  |  <p>Create a gratitude list</p>  |
| <p>Bake a pastry of your choice</p>  | <p>Take a warm bath or shower</p>  | <p>Practice deep breathing</p>  | <p>Make a to-do list</p>  | <p>Cuddle a pet or look at a cute photo of one online</p>  |

When it comes to mental health, now more than ever, every action counts.

Join in to help create positive change.

Learn more at bell.ca/letstalk

