

Care Starts Here

A simple self-care guide for World Mental Health Day

Self-care is not selfish. It is essential. Caring for yourself can support your mental wellbeing and help you show up for the people and communities around you. Start with one small action that feels manageable today.



PAUSE

Take three slow breaths or sit quietly for a few minutes.



MOVE

Stretch, take a short walk or choose movement that feels good.



RECHARGE

Drink water, eat something nourishing or create a restful bedtime routine.



CONNECT

Check in with someone you trust or make time for a supportive conversation.



UNPLUG

Step away from notifications, news or social media for a set period.



ENJOY

Read, listen to music, spend time outside or return to an activity you value.

Take a Moment for You

What do I need right now?

Choose one small step you can take in the next few minutes.

Today, I will care for myself by: _____

Make It Sustainable

Keep it flexible, not perfect. Choose an action you can repeat, connect it to a familiar part of your day and notice how it affects you. If a practice stops helping or no longer fits, try something different without judging yourself.

A note about support

Self-care can support wellbeing, but it is not a substitute for professional care. If you are struggling, consider reaching out to a qualified health care professional or another trusted source of support.

CARE STARTS HERE

Choose one small action for your mental wellbeing today,
then invite someone else to do the same.

Learn more: [How and Why to Practice Self-care](#)