

# 30 DAYS OF SELF-CARE

*We can feel the change in the air! Warmer temperatures, people getting out and life starting to bloom again! But we have been through a lot this past year. Now is a good time to brush off some old self-care ideas or try adding a few new ones. (quote provided by Atlantic Behavioral Health)*

- Tip 1** Flip a coin. Heads you head outside, take in some fresh air, let nature wash away anything old, stale and no longer needed. Tails you find a cozy spot indoors to enjoy a cup of tea, read a good book, or take a guilt free nap. Keep flipping – eventually you will get both sides.  
Atlantic Behavioral Health – 888.247.1400
- Tip 2** Begin your day by thinking about someone or something you truly appreciate.  
Mental Health Association of Essex and Morris – 973.334.3496
- Tip 3** Help reduce muscle tension and ease the mind by relaxing separate groups of muscles one by one and combine with meditation music and noticing the breath.  
Wellness Respite – CSPNJ – <https://cspnj.org/wellnessrespite/>
- Tip 4** Play I spy. When stressed or overwhelmed try closing your eyes and think of a color. Once a color is selected open your eyes and glance around your current environment until you spot that color.  
EDGE New Jersey – 973.285.0006
- Tip 5** Step away from the screen! Take a break from social medial and the internet. Deirdre’s House – 973.631.5000
- Tip 6** Take some time to garden. Decide what herb or vegetable would give you joy. While planting use your senses to feel the soil, notice the smells, listen to the sounds, and pay attention to what you are doing.  
NJ Hope and Healing through Center for Family Services – 855.499.4325
- Tip 7** Pet a cat or dog. Or anything on hand that is soft, smooth and/or furry. Taking some time to feel the soft/smooth texture can be soothing and calming.  
JBWS; Safety, Support, and Solutions for Abuse – [www.jbws.org](http://www.jbws.org)
- Tip 8** Play!! What delighted you for hours as a child? Have you taken time to play lately? Engage in an activity that you enjoy without any expectation to complete a task or accomplish a goal.  
NewBridge – [www.newbridge.org](http://www.newbridge.org)
- Tip 9** Connect with yourself (reflect each day on one positive thought and accomplishment) Connect with others (virtual or socially distanced...whatever makes you comfortable) Connect with the community (volunteer)  
St. Clare’s Behavioral Health – 973.625.7095)
- Tip 10** Stay healthy by spending time outdoors and avoiding the use of drugs and alcohol  
Morris County Hope One – 973.590.0300
- Tip 11** Talk to another person every day. If you live alone, find a friend to call or meet for lunch so you do not isolate yourself. When life is hard – community is the best self-care!  
Family Promise of Morris County – 973.644.0100

- Tip 12** Your brain needs exercise too! Strengthen your memory and learn a new skill by doing a crossword puzzle, sudoku, or brain teasers. Or try a fun app on your phone like Cluegle or 5-minute crossword puzzles!  
NewBridge – 973.316.9333
- Tip 13** Always remember your past experiences have built you to the wonderful person you are, you can do anything, and take one day at a time.  
Morris County Mental Health Addictions Services Advisory Board (MHASAB) Chair and Vice Chair - [www.morriscountynj.gov/Departments/Human-Services/Human-Services-Boards-Committees/Mental-Health-Addictions-Services-Advisory-Board](http://www.morriscountynj.gov/Departments/Human-Services/Human-Services-Boards-Committees/Mental-Health-Addictions-Services-Advisory-Board)
- Tip 14** Write in a gratitude journal.  
Mental Health Association of Essex and Morris – [www.MhaEssexMorris.org](http://www.MhaEssexMorris.org)
- Tip 15** Do something that you love. Bake a cake, shoot some hoops, watch a movie with a friend, read a book, take a walk among nature, share a meal with a friend.  
Deirdre’s House – [www.deirdreshouse.org](http://www.deirdreshouse.org)
- Tip 16** Have a phone free night!  
Morris County, Division of Community and Behavioral Health Services – 973.285-6853
- Tip 17** Roll the dice! Write down a list of 6 things you enjoy doing. Make them easy and accessible, something you can do today; call a friend, soak in the tub, say a prayer, sing a song, do 10 jumping jacks, meditate for 5 minutes. Now number the list and roll the dice. Whatever number comes up that is your self-care win for the day!!  
Atlantic Behavioral Health – [www.atlantichealth.org](http://www.atlantichealth.org)
- Tip 18** Five senses to stay present – When stressed or overwhelmed take a deep breath and take note of what you See, Smell, Hear, Feel, and Taste.  
EDGE New Jersey – [www.edgenj.org](http://www.edgenj.org)
- Tip 19** Get outside. Touch the grass. Take a deep breath. Explore a trail or park you have never visited. Our bodies and minds benefit from sunlight and fresh air.  
NewBridge – [www.newbridge.org](http://www.newbridge.org)
- Tip 20** Write a love letter to yourself. Use it to self-inspire yourself on days or at moments you may need it. Include your personal strengths and affirm them to yourself as if you are your own very best friend and cheerleader.  
Wellness Respite – CSPNJ – 862.239.9896
- Tip 21** Take time to laugh and smile!  
Morris County Hope Hub – 973.590.0266
- Tip 22** Rest when you are tired, sleep whenever you can, spend time outdoors engaging in calming activities, and eat healthy by avoiding too much caffeine, sugars, and alcohol.  
Saint Clare’s Behavioral Health – [www.saintclares.com](http://www.saintclares.com)
- Tip 23** Pledge to stamp out stigma in your community. Recognize, Reeducate, and Reduce the stigma surrounding mental illness and substance use.  
Morris County, Division of Community & Behavioral Health Services - [www.morriscountynj.gov/Departments/Morris-County-Stigma-Free-Communities-Initiative/Take-the-Pledge](http://www.morriscountynj.gov/Departments/Morris-County-Stigma-Free-Communities-Initiative/Take-the-Pledge)

- Tip 24** The color **green** is the color of balance, harmony, and growth. Looking at the color **green** can revitalize you when you are physically and mentally exhausted. Add something **green** to your space and benefit from this uplifting color.  
NewBridge – 973.316.9333
- Tip 25** Write down a few things you are grateful for and put them in a jar. Revisit them in a month or pull one out each night during dinner and have a family discussion about it.  
Mental Health Association of Essex and Morris – 973.334.3496
- Tip 26** Try to do something you enjoy every day!  
Morris County Hope One - [www.morriscountynj.gov/Departments/Sheriff/Community-Programs/Hope-One](http://www.morriscountynj.gov/Departments/Sheriff/Community-Programs/Hope-One)
- Tip 27** Play some music and dance! You pick the style, speed, tempo, and type!  
NJ Hope and Healing through Center for Family Services – 855.499.4325
- Tip 28** Take stock of what is “on your plate.” Figure out what to “eat,” what to “save for later,” and what to “throw away.” Balance!  
JBWS; Safety, Support, and Solutions for Abuse – [www.jbsw.org](http://www.jbsw.org)
- Tip 29** Nature makes everything feel better. Bring plants indoors for some extra color and vibrancy or spend time outside every day. Clean air and living plants bring joy!  
Family Promise of Morris County – 973.644.0100
- Tip 30** Bring out the scissors! Write a list of irritations, annoyances, and hurts. Decide which one you are ready to let go of. Holding on to the negative feelings take a toll on your well-being. Then take the scissors and cut it loose! Cut that old hurt into little pieces and throw them up in the air!! Celebrate your release!!!  
Atlantic Behavioral Health – 888.247.1400