

# Your self-care starter kit



When we think of self-care, we think of eating better and exercising more. Our emotional well-being is just as important as our physical health. Self-care activities can be simple but mindful. The goal is to focus on your emotional and mental wellness by taking care of your heart and mind.

## Here are 5 ways to start taking care of you:



### Write it down

The best way to start improving your mood is to note how you feel. Jot down how you feel today (and every day). Over time, you may see patterns of how specific things make you feel.



### Talk it out

Reach out to a friend or family member who supports you and share how you're feeling. Text your best friend to tell them how happy you are. Call your sister to work through something that's making you sad or angry.



## Sleep on it

Good sleep is an important foundation for mental clarity and mood. Your best shot at a balanced day happens before you even wake up.



## Walk it off

Physical activity is a great way to work through emotions. Going for a walk can improve your mood and lower your risk for depression. Experiencing nature can have a big impact on our mental well-being.



## Pay it forward

Show someone some kindness today. Pay them a compliment, tell them something you admire about them or simply do them a favor.

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