



# Better mental health for all

## Practice self-care every day to build resilience

When you make time to care for yourself, it's easier to help others. Self-care includes taking part in activities you enjoy as well as tending to your hygiene, nutrition, exercise and mental health. It can also help you enjoy each day more.

Exercising your brain to build resilience can help you prevent or reverse the effects of burnout. Try the mental health fitness exercises below.

And remember: You and your household members can give us a call for free, confidential support and referrals for any emotional or mental health concerns you may have.

## Resources for Living®

**The last two years have been tough for many. Learn how to protect yourself from burnout.**



### Mindful meditation

[Listen](#) | [Read the transcript](#)



### Grounding techniques

[Listen](#) | [Read the transcript](#)



### Positive affirmations

[Watch the video](#) | [Read the transcript](#)

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