

## RESOURCES >>>

### MINDFULNESS APPS

- Headspace:** Explore guided exercises, videos, and more
- Buddify:** Meditations for calmness, clarity & kindness
- Calm:** Offers a new meditation every day
- Smiling Mind:** Mindfulness activities for all ages
- Insight Timer:** 65,000 free meditation and music tracks
- Guided Mind:** Choose from 400+ meditations
- Day One Journal:** Tell a story!
- Healthy Minds:** Meditation and mindfulness
- Aura:** All-in-one app for mental wellness and sleep

### WELLNESS WEBSITES

- 1N5:** Building Blocks of Wellness, click on monthly themes for resources and education. [1N5.org](http://1N5.org)
- Greater Good In Action:** Research based methods for a happier, more meaningful life. [ggia.berkeley.edu](http://ggia.berkeley.edu)
- NIH:** Emotional Wellness Toolkit. [nih.gov/health-information/your-healthiest-self-wellness-toolkits](http://nih.gov/health-information/your-healthiest-self-wellness-toolkits)

### TED TALKS

- The Happiness Advantage**  
Shawne Achor, *Author*
- How to Practice Emotional First Aide**  
Guy Winch, *Psychologist*
- How to Make Stress Your Friend**  
Kelly McGonigal, *Health Psychologist*
- The Power of Vulnerability**  
Brené Brown, *Vulnerability Researcher*

**Stop Chasing Purpose and Focus on Wellness**  
Chloe Hakim-Moore, *Humanitarian*

### PODCASTS

- The Happiness Lab,** Dr. Laurie Santos
- Ten Percent Happier,** Dan Harris
- Unlocking Us,** Brené Brown (*on Spotify*)

## MY WELLNESS CHECKLIST:

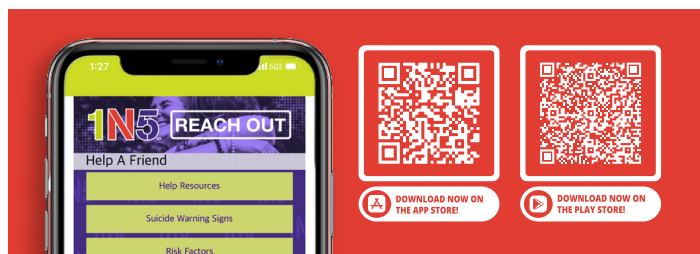
|                            | SUN                      | MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      |
|----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Drink 8 Glasses of Water   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Get 8 hours of Sleep       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do Nightly Bedtime Routine | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spend Time Outside         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Practice Gratitude         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do Something Creative      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Practice Mindfulness       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### Write in your Own Wellness Practices:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**SCAN THE QR CODE!**  
To Access 1N5 Wellness Resources



3975 ERIE AVENUE | CINCINNATI, OH 45208  
513.814.3007 | [INFO@1N5.ORG](mailto:INFO@1N5.ORG) | [1N5.ORG](http://1N5.ORG)

1N5 is a non-profit organization that serves to increase awareness and education about mental health in youth and adults.

# WELLNESS & SELF-CARE



Practicing **wellness** can help us manage the ups and downs of life. Wellness refers to activities and practices that can help us **reduce stress** and **enhance overall well-being**.



1N5.org | [info@1N5.org](mailto:info@1N5.org)  
Stop the Stigma. Start the Conversation.



how to practice

# WELLNESS

## ASK FOR HELP

Asking for help is a sign of strength! Accepting help when it is offered can be really hard, but know we do not have to battle life's challenges alone.

**Practice tool:** The key word is *practice!* When struggling, we should start by asking for help with something small. Maybe that's asking someone for a favor or asking for help with a question at school or work. Remember that any step towards being more comfortable asking for help is a step forward.

## BE SELF-COMPASSIONATE

Self-compassion means ***treating ourselves like we would treat our best friends.*** We should talk to ourselves the way that we would talk to someone we care about, and replace unhelpful thoughts with compassionate ones.

**Practice tool:** Daily affirmations. Practicing positive affirmations out loud in a mirror can help us believe more positive things about ourselves and encourage us to believe those positive words are the truth:

*"I try my best and my best is enough."*

*"I let go of yesterday to make space for the joys of today."*

*"I speak up for myself because my voice matters."*

## CELEBRATE GRATITUDE

Practicing gratitude means being thankful for the good things in our lives. Gratitude can help shift our thoughts from focusing on the negative to noticing the positive around us.

**Practice tool:** Try the gratitude challenge! For 21 days, write down 3 things to be grateful for every day without repeating any. When we are feeling down or need to be reminded of the good, we can re-read our lists.

## PRACTICE MINDFULNESS

Mindfulness is being present in the moment. This means noticing our bodies, our thoughts, our feelings, and the space around us with our full attention and without judgment.

**Practice tool:** Practicing a mindfulness activity can help us ground ourselves to the present moment. Try this by noticing the five senses: *5 things seen, 4 things felt, 3 things heard, 2 scents and 1 thing tasted.*

## FOCUS ON NOURISHMENT

Between helping us breathe, moving about, digesting a meal, and so much more, our bodies are constantly working hard to support us. What we fuel our bodies with affects how well it can continue supporting our physical, mental, and emotional needs.

**Practice tool:** Check out [myplate.gov](http://myplate.gov) for a guide through personalized food group plans to ensure the brain and body are getting the nutrition they deserve.



## GET ENOUGH SLEEP

Sleep is essential in helping us be emotionally and physically healthy. Sleeping at least 8 hours a night allows us to recharge and recover so our brains and bodies can continue to support our needs, help us problem solve, keep our emotions regulated, and help keep us safe.

**Practice tool:** Create a restful environment! Keeping a cool, dark, and quiet room along with doing a calming activity before bedtime, such as taking a bath or practicing mindfulness, can help our minds unwind and prepare for a good night's rest.

## CONNECT WITH OTHERS

Connection, whether with family or friends (even the four-legged kind) is a core need for all humans. Research shows that spending time with loved ones is a major key to achieving happiness.

**Practice tool:** Take time to connect with a friend or family member. We can call, text, or write a note to let that person know we're thinking of them. Sit down for a meal. Meet for coffee. Go on a walk together.

## UNPLUG FROM SOCIAL MEDIA

Sometimes, the best way to recharge is to take a break from the internet and electronic devices. Research shows that limiting media can positively impact our well-being, leading to better sleep, concentration, and physical health.

**Practice tool:** Download apps like Flora to help reduce screen time and minimize distractions.



## HAVE FUN!

Play isn't just for kids, it's for all of us! Having fun releases "feel good" hormones in our brains, which can help spark creativity and build connections.

**Practice tool:** Make a list or draw the people, places, and activities that bring joy. Put aside time each day, even if it's just for a few minutes, for a daily dose of fun!