



**Bringing  
light to  
mental  
health**

**MENTAL WELL-BEING SELF-ASSESSMENT**

## Take time to check in with yourself

Your mental health is just as important as your physical health—and a vital part of your overall well-being. When left unchecked, stress, anxiety and sadness can have serious health effects. You can use the following checklist to make sure you're looking after the aspects of your life that will help you feel better.

## MENTAL WELL-BEING SELF-ASSESSMENT



**Value you.** Value yourself and give yourself kindness and respect. Avoid criticizing yourself and make time to do little things each day that bring you joy. This could include doing a crossword puzzle, gardening or listening to music.



**Eat a healthy diet.** Feel better by choosing nutritious food and avoiding junk food and sugary treats. Drink water—at least half your body weight in ounces each day, and more if you're exercising.



**Exercise.** Physical activity is good for mental well-being because it releases endorphins in your brain that improve mood and help decrease anxiety and depression.



**Rest.** Get plenty of quality sleep, at least six to eight hours a night.



**Surround yourself with good people.** A strong support network can improve your mental well-being. Connecting with others to give and receive support can benefit mental health.



**Volunteer.** Donating your time to a cause that you believe in can improve your mood and sense of self-worth.



**Manage stress.** Stress is a natural part of life, and finding ways to reduce its impact will help improve your mental well-being. Try using a stress-management tool, such as breathing exercises, journaling or just taking a walk.



**Rejuvenate.** Relaxation exercise can be as beneficial as physical exercise. Mindfulness with meditation may help you feel calm and enhance your outlook.



**Set realistic goals.** Decide what you want to achieve in your professional and personal life, then create a realistic plan to be successful. Be careful to set reasonable milestones and timelines. Celebrate your accomplishments and be flexible as you progress toward your goals.



**Talk with someone.** For some people, talking with a professional helps with rebalancing mental well-being. Receiving appropriate care can help you realign and find your balance, allowing you to live a full, rewarding life.

For more resources, visit [regence.com/go/mental-health](https://www.regence.com/go/mental-health)



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Regence BlueCross BlueShield of Oregon  
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