

# Make Time For Yourself



CONTRA COSTA  
HEALTH

## Mental Health Matters

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From family obligations to work responsibilities, chances are you have a lot on your plate. But one thing you can't afford to skimp on is self-care. We're talking about taking time for yourself to engage in habits that help you live and feel your best.

What follows are a few good ways to be good to your body and your mind. Keep in mind that many of these tips can help improve both your physical and your mental health.

### For Your Body ✓

**Eat healthy foods.** Along with giving you energy to focus, good nutrition may help reduce your risk of some chronic conditions. One simple change is to eat vegetables and fruit every day. Other good foods include whole grains, lean proteins, and low-fat or nonfat dairy products.

**Get enough sleep.** Snooze at least seven to nine hours at night. Help yourself to a good night's rest by sticking to a sleep schedule and avoiding watching TV or scrolling through your social media feed close to bedtime.

**Be active.** Aim for at least 150 minutes of moderate physical activity each week. Walking is often ideal. But the best activities are those you enjoy and can sustain.

### For Your Mind ✓

**Try a relaxation technique.** Here's one: When you feel stress coming on, find a quiet place to close your eyes and take several deep breaths.

**Take a break.** Do your best to set aside time each day (even just a few minutes) to do something you enjoy. Maybe that's listening to music, reading a book or spending time working on a hobby.

**Reach out.** Having social connections is good for our mental health. Talk with close friends and family about any stress in your life. Ask for their support.

**Say thanks.** Try writing down one thing you're grateful for each day. Daily expressions of gratitude may boost your mood.

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Sources: American Heart Association; American Psychological Association; Centers for Disease Control and Prevention; National Alliance for Mental Health; National Institute of Mental Health

# Mental Health Resources

We want your feedback.  
Take our quick survey!



## Ask For Help If You Need It

If you need help maintaining or improving your well-being, you can talk with your primary care provider. Doing so is especially important if you're feeling overwhelmed. If you are in crisis and need to talk with someone right away, you can call or text **988** (the national **Suicide & Crisis Lifeline**) to connect with a trained counselor.

### Contra Costa Health Mental Health Services

Get care now for mental health and substance use. Anyone can call for themselves or someone they care about.

**Contra Costa Health ACCESS Line** (24-hours):  
Call **1-888-678-7277**

Get behavioral health crisis support or a referral for behavioral health services.

Contra Costa County  
**A3 Crisis Response** (24-hours):  
Call **1-844-844-5544**

**Contra Costa Crisis Center** (24-hours):  
Call **211** or **988**  
Text 'HOPE' to **20121**

Free and confidential.

### Health Education



Get access to health tips, self-management tools, and more information on mental health by visiting [healthed.cchealth.org](https://healthed.cchealth.org) or scanning the QR code.

### Helpful Mental Health Resources

**National Alliance on Mental Illness (NAMI)**  
Website: [nami.org](https://nami.org)

**NAMI Contra Costa County**  
Website: [namicontracosta.org](https://namicontracosta.org)

**Mental Health Connections, Concord**  
Website: [mentalhealthconnectionsca.org](https://mentalhealthconnectionsca.org)

**Mental Health for All, California**  
Website: [mentalhealth.ca.gov](https://mentalhealth.ca.gov)

**National Suicide & Crisis Lifeline**  
Website: [988lifeline.org](https://988lifeline.org)

