



75
YEARS

EST. 1948

Mercy Makes the Difference

Wellness Tips by Counseling Services

1. Establish an exercise routine
2. Get 7-8 hours of sleep
3. Get outside
4. Get morning sun exposure
5. Eat breakfast
6. Practice deep breathing skills
7. Use positive self-talk
8. Stay hydrated
9. Avoid toxic people
10. Practice gratitude daily
11. Establish a daily routine
12. Surround yourself with supportive people
13. Limit screen time
14. Stay off devices one hour before bedtime
15. Write down your goals
16. Declutter your spaces
17. Do something enjoyable everyday
18. Compliment others when they deserve it
19. Try a meditation
20. Add protein to your diet
21. Reach out for help when needed
22. Write down daily affirmations
23. Practice self-compassion
24. Stay connected with the people you love
25. Get some alone time to recharge
26. Avoid juggling too much at once
27. Find a work/life balance
28. Consider alternative perspectives on issues
29. Step outside of your comfort zone
30. Make time to laugh and find humor
31. Try a new hobby
32. Plan something to look forward to
33. Take a short break during the day
34. Journal
35. Find an organizational system that works for you
36. Call a friend or loved one
37. Volunteer
38. Limit caffeine
39. Learn to say “no” and know your limits
40. Play with a pet
41. Do something nice for someone else
42. Take a break from social media
43. Reward yourself for accomplishments
44. Take a walk
45. Take regular cold showers
46. Always have something fun or exciting on your schedule
47. Find a hobby/craft to keep your hands busy
48. Find ways to be creative regularly
49. Find time to connect with the earth by standing barefoot
50. Establish a yoga or stretching routine
51. Avoid substances
52. Find ways to bring the outside in (ex: plants at home)
53. Practice good hygiene daily
54. Set clear and appropriate boundaries
55. Develop a nightly bedtime routine
56. Practice self-acceptance
57. Sing along to music
58. Pray
59. Ground yourself by being mindful of your five senses
60. Avoid procrastination
61. Express gratitude to others in your life
62. Wash your face
63. Take a multivitamin
64. Hug a friend or loved one
65. Schedule a yearly checkup
66. Read for leisure
67. Plan yourself a vacation
68. Try making new friends
69. Listen to a podcast
70. Take a mental health day
71. Go on a nature walk
72. Be sure to prioritize your self-care
73. Draw, paint, sketch, and/or color
74. Write down and focus on your strengths
75. Treat yourself when you can