

8 ways to support your mental well-being

Choose one to do each day or do them all every day – it's up to you.



Feel your feelings

- Talk to yourself about it in a kind, supportive way, or share with a trusted friend or a mental health professional.
- Express your emotions through the arts, such as journaling, painting, drawing or composing.
- Work it out mindfully by meditating, practicing yoga, dribbling a ball or shooting baskets/goals.



Try something new

- Train for a marathon.
- Learn how to scuba dive.
- Learn a new language or how to play an instrument.



Take time to relax

- Do something that makes you laugh.
- Learn and practice a deep breathing exercise or progressive muscle relaxation.
- Lay down and close your eyes for 5 minutes.



Practice mindfulness

- Show gratitude by thanking people when they help you.
- Reflect daily about good things in your life.
- Do at least 3 acts of kindness each day.



Get (and keep) a hobby

- Join a fantasy football league or team sport.
- Mentor or coach kids.
- Take up a musical instrument, woodworking, cooking or gardening.



Take care of yourself

- Set a sleep schedule to get 7–9 hours most nights.
- Make balanced, nutritious meals and snacks, and move your body regularly.
- Get recommended health checkups and preventive care.



Spend time outdoors

- Go hiking, rock climbing (within your limits), camping or snorkeling.
- Pick up trash at a local park or street.
- Volunteer to walk dogs, such as at a local shelter or for your neighbor(s).



Be kind to yourself

- Learn from mistakes and failures, then let them go.
- Spend time with positive people who make you feel good about yourself.
- Treat yourself with respect and understanding, just as you would a good friend.



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