



Mental Self Care:



Mental self-care involves caring for the needs of our minds including creating a healthy mindset and engaging in mindly activities.

Enjoyable activities of the mind can include music, visual arts, reading, writing, watching movies or television, thoughtful conversation, discussion or even debate, solving puzzles, playing games, and daydreaming.

BENEFITS

Using mental self-care has several benefits including:

- Increasing overall well-being by doing something enjoyable for your mind
- Moments of interruption in stressful situations and demands, but even a moment can be valuable to your self care and health
- Completing mental activities can create positive emotions benefiting your mental and physical health.

To enjoy the benefits and meet your mental self-care needs, you need to participate in mental activities that you enjoy! Everyone is different in what they enjoy, and below are options online or at home to consider!

Ideas to Try:



Visual Arts

- **Rochester Art Center**



- With busy and demanding schedules taking care of your child, going in person may be difficult. Rochester Art Center has **virtual** galleries that you can look at with great detail!

- <https://www.experiencerochestermn.com/things-to-do/arts-culture/>
 - The link above is for Experience Rochester which includes information on other art events going on in Rochester



Reading

- While books are available at many stores such as Target, Walmart, or Barnes and Noble, there are other options that many people find valuable to enjoy reading.



- **Your local library! - Rochester Public Library**
 - The Rochester Public Library has a digital library including new and older books as magazines. All you have to do is get a library card which you will get prompted to complete online and your set!
 - <https://www.rplmn.org/books-more/digital-library>

- **Libby**



- Is an online app that can help with downloading free books or magazines with your local library card. The app is easy to use and has clear instructions.
- <https://libbyapp.com/interview/welcome#doYouHaveACard>



Podcasts:



- Podcasts are a great mental self-care activity to listen to when you have free moments in your day! Podcasts can be educational in nature, based on interests, or for free on many platforms.



Solving Puzzles



New York Times Games

- Mini Crossword
- Wordle
- Strands
- Connections

The New York Times Games section has great daily puzzles that only take a few minutes of your day but can be great to incorporate daily or compete with others. I personally share my Wordle daily with my great Aunt, sister, and mother.

2				1	4		
7			9				
	3		5	6			2
	7	2	1	8	5		6
1	2			5	9	3	
	6			9			
6			8				
	9		5	3	8		
4	1	8	2			6	5

Sudoku

- Sudoku is a number-based puzzle. You can pick from different difficulty levels, and it is an easy game with several options, from websites to apps, to play at any moment of your day to benefit and meet your mental self-care needs!



Music



Rochester Public Music

- Rochester Public Music provides the community with free events and live concerts free to watch online on your own time! It provides ways to experience a musician or group live but fit one's schedule.