



Monthly wellbeing tip

Customizing self-care: Your personal mental health plan

Do you have a self-care plan? Self-care is personal and looks different for everyone, so your self-care practice will depend on your individual needs, preferences, and resources. To develop or fine-tune your self-care plan, spend some time considering how you want to feel—and what makes you feel that way—on a deep level.

Here are three questions to help you get started:

How do you want to feel?

Self-care is about making deliberate, positive lifestyle choices that address your specific needs. One easy way to better understand what you need is to ask yourself how you want to feel. Energetic? Calm? Peaceful? Focused? Write your answers down, so you know what you’re aiming for.

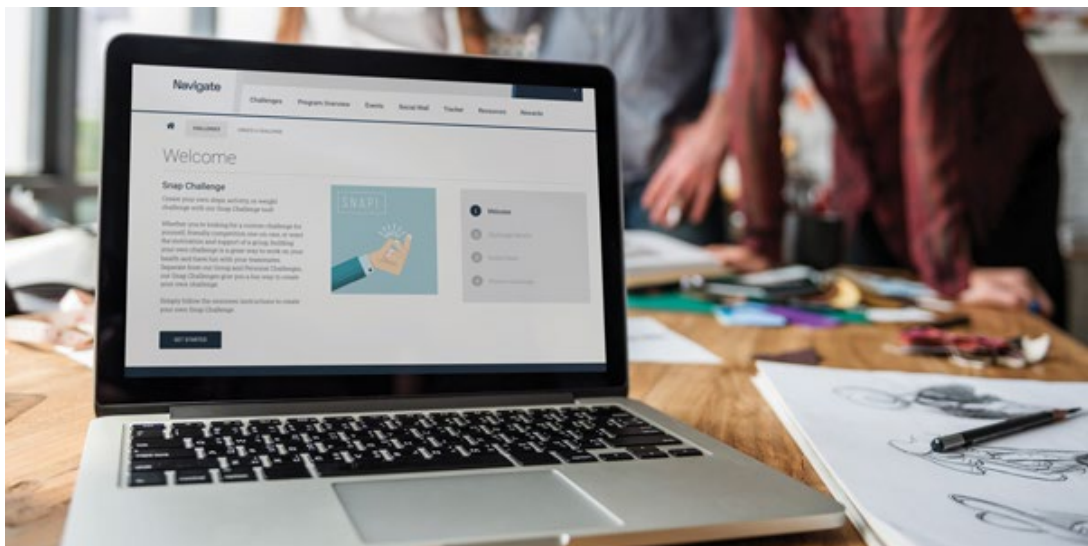
What makes you feel that way?

It may take a bit of time to determine which forms of self-care are most effective at producing the outcomes you want. To choose self-care practices that align with your needs, look at the list of words you created above and ask yourself what makes you feel that way. Meditation? Physical activity? Social connections? Healthy eating? Sleep? Something else?

What can you start working on immediately?

To begin practicing self-care, assess which of the self-care activities identified above are realistic for you right now. Which strategies could you implement today? Which ones are a good match for your skills and resources?

Continue to repeat these steps when you need to refresh your self-care routine, and over time, you will develop a personalized list of strategies you can turn to whenever you need support.



Portal tip

How to create Snap Challenges

You can create your own challenges based on step count, activity minutes, or weight—and you can invite your teammates to join!

Snap Challenges: How they work

1. Hover over **Challenges** along the top navigation bar, then select **Create a Challenge**.
2. Next, select **Get Started** to use the Snap Challenge creator. Easy onscreen prompts will help you fill in everything you need:
 - Type of challenge (steps, activity or weight)
 - Challenge name and description
 - Start and end dates
 - Upload an image for the challenge (optional)
 - Select the teammates you want to join
3. Review the challenge information then hit submit. Invited participants will receive an email and the challenge will run itself.
4. Everyone who joins the challenge will have tasks added to their To-Do list.

It’s that easy! During the challenge, all participants can track their Snap Challenge progress with an online leaderboard and can motivate each other toward their goals.