

HEALTHIER
HAPPIER
STRONGER
YOU



Reboot *Your* Brain
COUNSELING & COACHING

A
CALMER MIND
A BRIGHTER YOU

100 Self-Care Ideas for Men

Practical, realistic ways to support mental wellness, stress relief, and emotional balance.



MENTAL

CLEARER THINKING
A CALMER MIND

1. Be grateful
2. Set realistic goals
3. Make a simple budget
4. Write down your thoughts
5. Practice positive self-talk
6. Limit doomscrolling
7. Take deep breaths
8. Meditate for a few minutes
9. Journal
10. Create a to-do list
11. Focus on what you can control
12. Let go of what you can't control
13. Get enough sleep
14. Take a short nap



EXPERIENCE

NEW PLACES
FRESH PERSPECTIVE

15. Try something new
16. Plan a weekend getaway
17. Go on a road trip
18. Watch a sunrise or sunset
19. Visit a national or state park
20. Explore a new part of town
21. Go to a museum
22. Attend a live sporting event
23. Go to a concert
24. Try a new restaurant
25. Take a hike
26. Go camping
27. Spend time in nature
28. Do something spontaneous
29. Turn off digital devices



CREATIVITY

EXPRESS YOURSELF
TRY NEW THINGS

30. Start a new hobby
31. Build or fix something
32. Play an instrument
33. Take photos
34. Draw, sketch, or paint
35. Write a short story
36. Cook a new recipe
37. Try woodworking
38. Learn a new skill online
39. Solve a puzzle
40. Listen to a new genre of music
41. Create a vision board
42. Redecorate a space
43. Spend time on a creative project



GET ACTIVE

A STRONGER YOU
MORE ENERGY

44. Go for a walk
45. Lift weights
46. Do bodyweight exercises
47. Stretch daily
48. Try yoga
49. Play a sport
50. Go for a bike ride
51. Swim
52. Hike a local trail
53. Take the stairs
54. Do an outdoor activity
55. Set a step goal
56. Move your body every day
57. Make exercise enjoyable



RELATIONS

MEANINGFUL CONNECTIONS
A STRONGER SUPPORT SYSTEM

58. Spend time with family
59. Call a friend
60. Catch up with an old friend
61. Have a meaningful conversation
62. Cook a meal for someone
63. Spend quality time with a partner
64. Plan a guys' night
65. Join a club or group
66. Meet new people
67. Be a good listener
68. Write a thank you note
69. Help someone in need
70. Volunteer
71. Show appreciation to others



EAT & DRINK

FUEL YOUR BODY
BOOST YOUR MOOD

72. Drink more water
73. Eat a nutritious meal
74. Try a healthy new recipe
75. Eat more fruits and vegetables
76. Limit processed foods
77. Enjoy a protein-rich breakfast
78. Try a green smoothie
79. Reduce caffeine or alcohol
80. Treat yourself to your favorite meal
81. Drink a cup of tea
82. Cook at home
83. Eat mindfully (slow down)
84. Enjoy dark chocolate
85. Plan your meals for the week



GET SUPPORT

YOU DON'T HAVE
TO DO IT ALONE

86. Talk to a trusted friend
87. Reach out to a mentor
88. Consider talking to a counselor
89. Hire a coach
90. Join a support group
91. Ask for help when you need it
92. Delegate tasks
93. Set boundaries
94. Surround yourself with positive people
95. Be open about your feelings
96. Seek professional support when needed



EXTRA IDEAS

LITTLE THINGS
MAKE A BIG DIFFERENCE

97. Take a hot shower or bath
98. Spend time with a pet
99. Find a quiet place to be alone
100. Remind yourself:
You're doing your best,
and that's enough.

*A healthier,
happier, stronger
you — every day.*



TAKE CARE TODAY. A BRIGHTER TOMORROW IS POSSIBLE.



Self-Care Ideas: A Practical Starting Point

Readable companion to the illustrated poster on page 1

Choose any prompt that fits; the illustration is for visual reference, and this page provides a clear, accessible text version.

Care for your mind

Write a few sentences, identify one priority, set a screen break, or allow yourself a quiet moment.

Care for your body

Drink water, eat a satisfying meal, stretch gently, take a walk, or rest when needed.

Connect

Check in with a friend, ask for practical help, spend time with family or a pet, or seek professional support.

Explore and enjoy

Try a creative hobby, enjoy nature, listen to music, learn something new, or plan a small activity to look forward to.

For children, adults should supervise activities and adapt movement to comfort and ability. These handouts are educational tools, not individualized treatment or emergency support.