

# MY FAVORITE THINGS: MENTAL HEALTH EDITION



*These are things that I do for myself that improve my mental health and bring me joy. I encourage you to make your own version that's true for you!*

*Courtesy of Yazmin Infante Peña, the [Recovering No Sabo Kid](#)*

## *Physical*

- The gym has done wonders for my mental and physical health. Even if you don't have a membership, I recommend strength training with items around the house. As we age, it's important to keep working our muscles! Check if your health insurance provider offers a discounted [Active & Fit Direct](#) membership.
- Eat breakfast, no matter how small (but only coffee is not enough!)
- Set an easy and reachable health goal. The easier you make them, the more likely you'll continue to reach them and set new ones.

## *Emotional/Spiritual*

- **Use your PTO!** It's not only for vacations or emergencies. Use it to take some YOU-time. You deserve rest!
- Experience a new place! I love to travel and always use Rakuten to get cashback on all my travel, and other, purchases. Use [this link](#) to get an extra 10% cashback when you make a qualifying purchase. I like to use Priceline, a Rakuten store, to book travel. Treat yourself!
- Record a voice memo on your phone encouraging and motivating yourself and listen to it whenever you need it. Sometimes we need to hear that encouragement from our own voices.

<i>Intellectual</i>	<ul style="list-style-type: none"> <li>· I am a voracious reader and a huge supporter of public libraries. With a library card, you can access <a href="#">Libby</a> and <a href="#">Mango Languages</a> (and more) for free!</li> <li>· Carnegie libraries also have free classes on a variety of topics. Learn something new! I love to learn languages and attended Spanish and Italian conversation classes; something that helped me propel myself into becoming the <a href="#">Recovering No Sabo Kid</a>. Subscribe to my newsletter for more information!</li> <li>· Get out of your comfort zone and try something you've never tried – a pottery class, horseback riding, learn how to skate. Allow yourself to make mistakes and keep trying!</li> </ul>
<i>Economic/Financial</i>	<ul style="list-style-type: none"> <li>· Pay yourself FIRST. When your paycheck hits your account, before paying any bills, stash away a bit for your savings, even if it's 5 dollars. I love using the <a href="#">Sofi App</a> to have more control of my finances. Using the link provided will give you a free \$25 when you open and fund a checking or savings account!</li> <li>· Create (and stick to!) a budget! If you stay under budget, consider putting the difference into a savings or investment account. <a href="#">Ellevest</a> is a great starting investment tool; built by women for women.</li> </ul>
<i>Social</i>	<ul style="list-style-type: none"> <li>· Make time to see and talk to loved ones. Time is the one of the only non-renewable sources; use it for things that matter. I like to call my loved ones while I'm doing household chores to make a usually boring task entertaining!</li> <li>· Meet new people. Sign up for networking events and join Facebook or MeetUp groups. Consider bringing a friend so you feel more comfortable, and they get a chance to meet new people. Remember, “your network is your net worth!”</li> <li>· Scroll back in your text message history and reach out to someone you haven't spoken to in over 3 months. Schedule a time to meet in person if you're able!</li> </ul>

Remember, mental health is multifaceted, and taking care of each aspect can contribute to overall well-being. It's important to distinguish which part of your mental health isn't being taken care of so that you can address it: It won't be as impactful to go on a walk when what you really need is to create a budget. It's okay to seek support from professionals or loved ones when needed and prioritize self-care practices that resonate with you.

*Con mucho cariño,*

Yazmin Infante Peña

[The Recovering No Sabo Kid](#)