Do at least one thing in every circle, everyday

(mental) health is a <u>practice</u>

One good choice leads to another!

Emotional

Journaling
Listen to music
Talk to someone
Music (listen, play)

Physical

Sports   Running
Yoga   Ride a bike
Walking   Join a gym

Mental

Brain games   Word search
Puzzles   Sudoku
Crosswords   Reading

Spiritual

Prayer
Meditation
Time in nature
Volunteering
Practice Gratitude

HOW TO PRACTICE MENTAL HEALTH

Mental health isn't something that just happens or someplace that we end up one day, it's about mastering a daily practice in 4 areas: Physical, Emotional, Spiritual and Mental. You can practice mental health by identifying at least 3 positive habits in each area (be specific and practical) that will help you manage stress and feel your best. Positive daily choices lead to positive habits and a general sense of well-being!

Physical – One of the best things that you can do to care for your mental health is to get your blood pumping and move your body for at least 30 minutes every day. Mind your body, heal your mind!

1. _____

2. _____

3. _____

Emotional – Anything that helps you understand, process or express your feelings can go here. Write down 3 ways that you can let it all out so that your emotions don't bottle up and explode.

1. _____

2. _____

3. _____

Mental – Anything that "exercises your brain" can go here. What you're doing is improving problem solving skills and boosting your creative thinking.

1. _____

2. _____

3. _____

Spiritual – Spending time connecting with something bigger than yourself fosters hope, connection and purpose and can help us see beyond ourselves.

1. _____

2. _____

3. _____