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 that will help you manage stress and feel your best (be specific and practical). 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 _____

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(Mental) Health is a _practice!_

PHYSICAL

Sports

Yoga

Walking

Running

Biking

Join a gym

EMOTIONAL

Journaling

Listen to music

Talk to someone

Positive affirmations

Practice a hobby

SPIRITUAL

Prayer

Meditation

Time in nature

Volunteering

Practice gratitude

MENTAL

Brain games

Puzzles

Crosswords

Word search

Sudoku

Reading

One good choice leads to another!

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