

# MENTAL HEALTH AWARENESS MONTH!!

1. TAKE TIME TO LAUGH
2. DANCE!
3. SPEND SOME TIME WITH YOUR PET
4. PICK OUT YOUR CLOTHES FOR THE NEXT DAY
5. TAKE A 30 MIN SCREEN FREE BREAK
6. ENJOY AT LEAST 15 MINS OF SUNSHINE
7. JOURNAL
8. COOK
9. DRAW OR PAINT
10. GO ON A RUN, BIKE RIDE OR WALK
11. SEE A FRIEND! (FROM FAR AWAY)
12. TALK TO SOMEONE
13. TAKE A MINDFUL MOMENT
14. GO TO SLEEP!
15. MAKE YOUR MENTAL HEALTH A PRIORITY
16. READ
17. GET A ROUTINE
18. LISTEN TO YOUR FAVORITE UPBEAT SONG
19. LOOK AT A PICTURE OF YOUR FAVORITE PLACE OR WHERE YOU WANT TO VISIT
20. LIST ALL THE THINGS YOU ARE GOOD AT AND YOU LOVE ABOUT YOURSELF
21. DRINK A GLASS OF WATER
22. SELF CARE MOMENT!

## 23. CLEAN SOMETHING