

Mental Health is just as important as physical health when it comes to our overall well being.

- ▶ What do you do to increase your mental health?
- ▶ When feeling down, stress, or anxious, what helps you feel better?
- ▶ What makes you feel at ease, strong, happy, content?

Check those things below that work for you and add other ideas.

Get support

Call/visit people whom I can talk to

- ▶ _____
- ▶ _____
- ▶ _____

Call a Helpline

Other _____

Stay Healthy

Exercise _____

- ▶ _____

Eat healthy foods and drink healthy beverages

- ▶ _____
- ▶ _____

Other _____

Be Active

Take a walk to _____

Watch one of my favorite movies/TV shows _____

Listen to my favorite music _____

Be Creative _____

Other ideas _____