

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 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 _____