# MINDING YOUR MENTAL HEALTH

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| | **1** Take a walk outside for at least 10 minutes | **2** Complete a random act of kindness for someone | **3** Complete a random act of kindness for yourself | **4** If you have a pet spend time petting them, try to match their breath | **5** Mindfully eat - notice the taste, smell and texture of your food |
| | | | | | **6** Stimulate your brain (puzzle, sudoku, crossword) |
| **7** Take a break from your screen | **8** Try something new today | **9** Thank someone you are grateful for and tell them why | **10** Sit still for three minutes and just breathe | **11** Spend time in the sunshine | **12** Think of three things you are looking forward to |
| | | | | | **13** See how many people you can make smile today |
| **14** Check something off your to-do list | **15** Write down a list of things worrying you | **16** Plan something fun and invite others to join you | **17** Write down five things you're grateful for | **18** Watch or read something that will make you laugh | **19** Instead of your phone, grab a book |
| | | | | | **20** Volunteer to help someone |
| **21** Try to get 8 hours of sleep | **22** Spend 10 minutes drawing, doodling or scribbling | **23** Go outside and name three beautiful things you see | **24** Make a connection - let a friend know you're thinking of them | **25** What imperfection can you make peace with? | **26** Take a few minutes to stretch throughout the day |
| | | | | | **27** Spend time digging in the dirt |
| **28** Spend time working on a hobby you enjoy | **29** Drink an extra cup of water | **30** Relax your jaw, lower your shoulders and take 5 slow, deep breaths | **31** Listen to or play music | | |