



MENTAL HEALTH TOOLKIT

Do something from the list below for at least 10 minutes. If your first choice doesn't help, try another. Repeat or keep trying other options until your mood changes

- + Express Gratitude
- + Focus on the Present Moment
- + Exercise
- + Take a Nap
- + Eat a Healthy Snack or Meal
- + Write in Your Journal
- + Take a Bath or Shower
- + Read
- + Call a Friend
- + Drink a Cup of Tea
- + Think About the Last Really Good Meal You Ate
- + Garden
- + Go for a walk
- + Think About Fun Times You've Had with Others
- + Write Down What You're Feeling and Share it with a Trusted Friend
- + Listen to Upbeat Music
- + Do Something Creative
- + Listen to Your Favorite Podcast
- + Drink Water
- + Reminisce about a Favorite Vacation
- + Take Slow, Deep Breaths

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