

A WEEK OF WELLNESS

Mental Health Makeover



THIS WEEK

DAY 2

Gratitude journaling: Spend ten minutes reflecting on the things in your life that you're grateful for, and write them down in a journal or notebook.

DAY 4

Social connection: Make an effort to connect with a friend or loved one, whether it's through a phone call, text message, or in-person conversation.

DAY 6

Gratitude walk: Take a walk and focus on the things in your environment that you're grateful for, such as the sunshine, the birds chirping, or the beautiful scenery.

DAY 1

Mindful breathing: Take five minutes to focus on your breath, inhaling and exhaling slowly and intentionally to calm your mind and body.

DAY 3

Digital detox: Take a break from social media and technology, whether it's an hour or several hours, to reduce stress and improve focus.

DAY 5

Creative expression: Spend time engaging in a creative activity that you enjoy, such as painting, drawing, writing, or playing music.

DAY 7

Self-care: Set aside time for self-care activities that bring you joy and relaxation, such as taking a bath, reading a book, or practicing yoga.



Weekly Ad Mental Health Tips Tips

M Carnoy



Weekly Ad Mental Health Tips Tips:

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