

(mental) health  
is a practice

## Physical

Sports Running  
Yoga Ride a bike  
Walking Join a gym

Do at least one  
thing in every  
circle, everyday

## Spiritual

Prayer  
Meditation  
Time in nature  
Volunteering  
Practice Gratitude

## Emotional

Journaling  
Listen to music  
Talk to someone  
Music (listen, play)

## Mental

Brain games Word search  
Puzzles Sudoku  
Crosswords Reading

One good choice  
leads to another!

# HOW TO PRACTICE MENTAL HEALTH

Mental health isn't something that just happens or someplace that we end up one day, it's about mastering a daily practice in 4 areas: Physical, Emotional, Spiritual and Mental. You can practice mental health by identifying at least 3 positive habits in each area (be specific and practical) that will help you manage stress and feel your best. Positive daily choices lead to positive habits and a general sense of well-being!

**Physical** – One of the best things that you can do to care for your mental health is to get your blood pumping and move your body for at least 30 minutes every day. Mind your body, heal your mind!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Emotional** – Anything that helps you understand, process or express your feelings can go here. Write down 3 ways that you can let it all out so that your emotions don't bottle up and explode.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Mental** – Anything that “exercises your brain” can go here. What you're doing is improving problem solving skills and boosting your creative thinking.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Spiritual** – Spending time connecting with something bigger than yourself fosters hope, connection and purpose and can help us see beyond ourselves.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_