<u>GOALS</u>	<u>EXAMPLES</u>	MONDAY ✓	TUESDAY 🔽	WEDNESDAY ~	THURSDAY 🗸	FRIDAY 🗸
MY MIND	ART, PUZZLES, WORD SEARCH, MUSIC, QUIET TIME, SIT OUTSIDE, READ, GAMES, CONNECT WITH A FRIEND OR FAMILY MEMBER					
MY BODY	WEIGHTS, WALKING, YOGA, DANCING, HEALTHY EATING, GOOD SLEEP, DRINK WATER					
MY ENVIRONMENT	CLEAN, ORGANIZE, REARRANGE, DECORATE, SORT, CLEAN OUT/DONATE, GARDENING/YARD WORK					
MY PEOPLE	SAY THANK YOU, DO A CHORE WITHOUT BEING ASKED, WRITE A LETTER TO SOMEONE, GIVE A COMPLIMENT, BE A HELPER, LISTEN, SHOW YOU CARE					

HEALTHY LIVING CHECKLIST: Do something for your mind, body, environment, and your people- Try to do one activity for each color, each day.

Put a check mark in the box or write down the activity that you did. How many can you do in 5 days?

These activities work together to help you be mentally healthy.



Mental Health Task List

MONDAY- MOTIVATION Set a goal. Make a plan.

TUESDAY- SELF-CARE Meditate. Take a nap.

WEDNESDAY- DIGITAL DETOX
Take the night off from screen time.

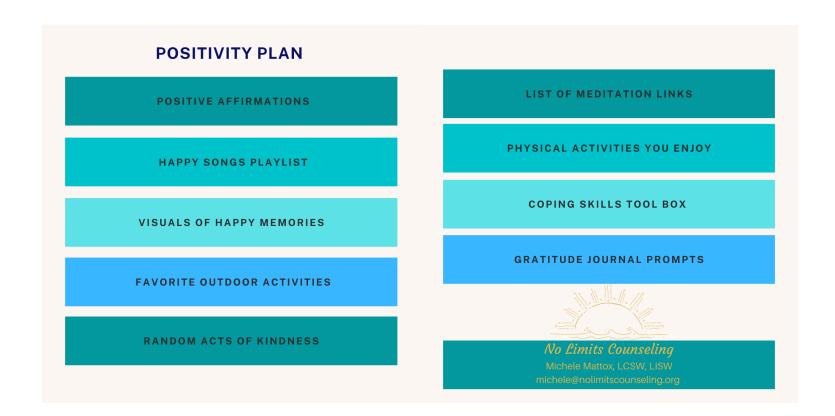
THURSDAY- ORGANIZE/PURGE Clean out junk drawer. Delete emails.

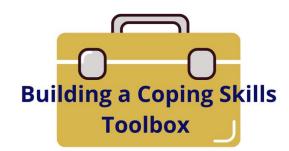
FRIDAY- ENERGIZE
Get outside. Hang with friends.

SATURDAY- HEALTH Meal plan. Drink water. Exercise.

SUNDAY- GRATITUDE List of positives from your week.









Lotion, candles, essential oils



Stress ball, stuffed animal, a fidget, slime, putty





Happy songs playlist, calming music, noise machine, headphones



Crossword puzzle, word search, journal/writing tools





What's in your coping skills toolbox?

- 1. Pick the container for your coping skills toolbox.
- 2. Pick at least 1 item from each category.
- 3. Decide where to keep your coping skills toolbox.











