

<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.



Developed by Michele Mattox, LCSW, LISW. www.nolimitscounseling.org

POSITIVITY PLAN

POSITIVE AFFIRMATIONS

HAPPY SONGS PLAYLIST

VISUALS OF HAPPY MEMORIES

FAVORITE OUTDOOR ACTIVITIES

RANDOM ACTS OF KINDNESS

LIST OF MEDITATION LINKS

PHYSICAL ACTIVITIES YOU ENJOY

COPING SKILLS TOOL BOX

GRATITUDE JOURNAL PROMPTS



No Limits Counseling

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Lotion, candles, essential oils



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



Pictures of your happy
place/friends/family, glitter jar



Happy songs playlist, calming
music, noise machine,
headphones



Crossword puzzle, word search,
journal/writing tools



Deep breathing visual cards, yoga
flash cards



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.













