### GOALS

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

Developed by Michele Mattox, LCSW, LISW. [www.nolimitscounseling.org](http://www.nolimitscounseling.org)
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.

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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
Michele Mattox, LCSW, LISW
michele@nolimitscounseling.org

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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.

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