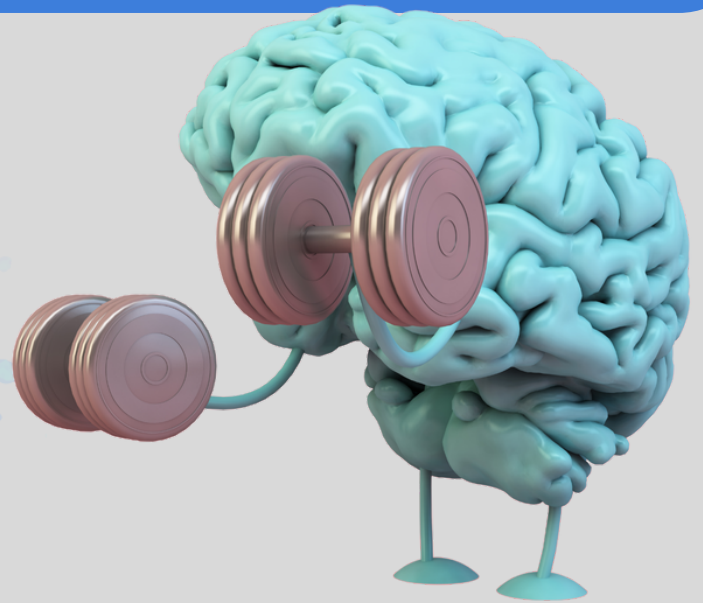


5 Simple Ways to Boost Your Mental Health



PURPOSE

- Boost Mental Health at home

OBJECTIVE

- Take charge of your mental health
- Nurturing your mental health improves your mood, leads to clearer thinking, helps you handle stress better, can reduce anxiety, and overall make you feel better.

INSTRUCTIONS

Materials

- Poster

Application

- Looking for simple ways to take care of your mental health throughout the day? Below are five easy, quick ways to give yourself a "pick me up".
- Use one or more of the tips to give your mental health a boost

Assembly

1. Print poster below and post somewhere in your house (Fridge, office, wall, etc.)

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



5 SIMPLE WAYS TO BOOST YOUR MENTAL HEALTH

1

DRINK A CUP OF HOT
CHOCOLATE OR TEA

2

EAT A PIECE OF DARK
CHOCOLATE

3

DANCE AROUND YOUR
HOME

4

CONNECT WITH
SOMEONE BY CALLING
OR SENDING A MESSAGE

5

REMEMBER TO SMILE