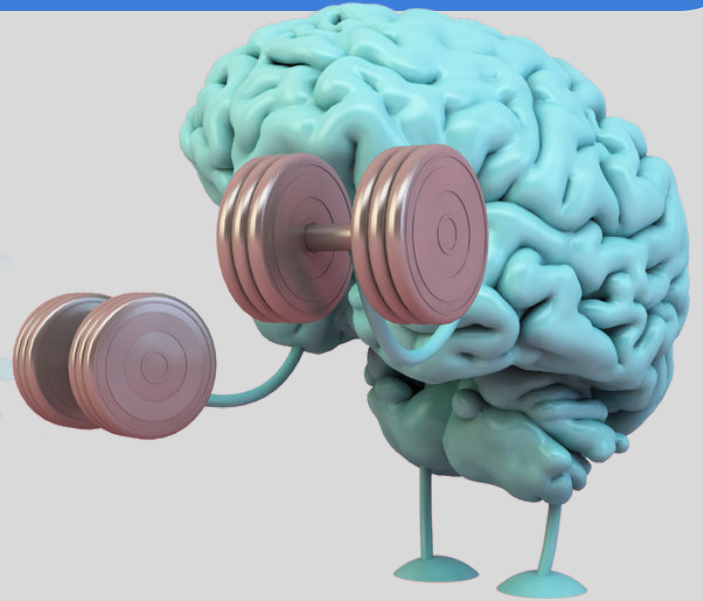


# 5 Simple Ways to Boost Your Mental Health



## 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