![Erika's Lighthouse]

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

Assembly

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

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

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:

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@ErikasLH	@ErikasLH	erikas.lighthouse	@Erika's Lighthouse

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5 SIMPLE WAYS TO BOOST YOUR MENTAL HEATLH

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