



# MY PERSONAL MENTAL HEALTH TOOLKIT

PHYSICAL HEALTH PRACTICES (I.E. NUTRITION, SLEEP, HYDRATION, VITAMINS, EXERCISE)

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MINDFUL PRACTICES (I.E. MEDITATION, EFT, YOGA, CREATIVITY- ART, MUSIC, WRITING/ JOURNALING)

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OTHER PRACTICES (I.E. NATURE TIME, SOCIAL CONNECTION, POSITIVE AFFIRMATIONS, HUMOR)

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