



# Daily Exercises to Improve **Mental Health**

## **Value Yourself**

Treat yourself with kindness, love and compassion.

## **Practice Mindfulness**

Mindfulness is being in a state of awareness & can include:

- Meditation
- Taking mindful pauses throughout the day
- Taking time to exercise

## **Write your Worries Down**

Journaling gives you a space to let your guard down...

- Write whatever comes to mind
- Allows you to name your experience
- Provides an opportunity to be creative

**At the end of the day focus on what went well!**