

Mental Health Month Wellness Activity - Adults

<p>Visit a Waterfall</p>  <p>(you have a greater power inside of you waiting to flow)</p>	<p>Start your day with gratitude</p>  <p>I am so happy and grateful.....</p>	<p>Practice forgiveness For Yourself and Others</p>  <p>I am releasing the hurt or anger for my wellbeing.</p>	<p>Reach out to someone Today</p>  <p>Helping someone gives us worth and value</p>	<p>Reflect on your successes and Accomplishments</p>  <p>(You are far greater than any circumstances you face)</p>	<p>Take a moment to see the beauty around us and enjoy the view.</p>  <p>(feed your soul)</p>
<p>Pause in silence for 30 seconds</p>  <p>Let your mind take a rest</p>	<p>Clean out the clutter Choose one physical or emotional item to discard</p>  <p>Create clarity in mind and/or environment</p>	<p>Watch a sunset</p>  <p>(let your mind calm and your body rest, embrace nature)</p>	<p>Remember the things that make you smile!</p>  <p>Your smile can bring joy to others as well</p>	<p>Take a road trip (Physical or virtual) to somewhere you have never been</p>  <p>Step out of your comfort zone and explore</p>	<p>Sometimes we just need someone to listening</p> <p>Active Listening</p> 
<p>Remember that you have a purpose</p>  <p>What do you love doing and gives you great joy?</p>	<p>Dream again! Create a vivid image in your mind of what you have always wanted to do, be, have or give.</p>  <p>You are worthy</p>	<p>Do one thing today that can move you in the directions of your dreams!</p>  <p>You can create the life you would love to live</p>	<p>Turn off social media for an evening</p>  <p>The only one to compare yourself to is you</p>	<p>Refuse to listen to any negative chatter in your head today</p>  <p>You are amazing and have greatness inside!</p>	<p>Call or zoom in with a friend or family member</p>  <p>Healthy connections can elevate our moods</p>
<p>Think of a new habit you have or could begin and make yourself a promise to keep up on it!</p>  <p>You are deserving!</p>	<p>Create a quiet retreat in your home!</p>  <p>Life IS GOOD!</p>	<p>Do a word find or crossword puzzle to challenge your thinking</p>  <p>Minds need exercise too!</p>	<p>Open the curtains and the windows and let the sun and fresh air inside.</p>  <p>BREATHE</p>	<p>Prepare a meal using fresh vegetables</p>  <p>Healthy body and healthy mind work together!</p>	<p>Turn up the music and dance like no one is watching!</p>  <p>Fill your spirit!</p>
<p>Get up and decide "who" you want to be today instead of what you need to do.</p>  <p>You are valuable!</p>	<p>Read a book or learn a new skill!</p>  <p>Knowledge is the one thing no one can take away.</p>	<p>DECIDE that today is going to be a good day!</p>  <p>Your mind is very powerful</p>	<p>ASK for help when needed.</p>  <p>Asking is not a weakness it is indeed a strength.</p>	<p>Cleanse your body with a healthy juice or snack.</p>  <p>Mind and body work together for optimum health</p>	<p>Be the Best version of you today!</p>  <p>YOU MATTER!</p>