

# MENTAL WELLNESS ACTIVITIES

5 activities to help boost mental wellness

## 1. Make a gratitude list

Studies found that keeping a gratitude journal can help lower stress, and improve interpersonal relationships. Try writing down 3 things that you are grateful for everyday.



## 2. Cook a healthy meal

The foods that we eat affect our moods, feelings, and cognitive function. Establishing a diet that consists of lean proteins, fruits, vegetables, and whole grains will not only improve physical health, but mental health too.



## 3. Take a walk outside

It could be a walk through a park, your neighborhood or a nearby trail. Research indicates that being outside in nature can increase your energy levels, reduce feelings of depression and can boost your overall well-being.



## 4. Spend some time with your pets

Time with animals can reduce stress, anxiety, feelings of depression, and ease loneliness. If you don't have a pet, hang out with a friend who does or volunteer at a local shelter.



## 5. Spend time with your family & friends

Go out for a movie, plan a road trip, go out for lunch, or take a group yoga class. Whatever the activity may be, studies show that spending time with loved ones can decrease feelings of depression and anxiety. Being physically present with loved ones creates a strong emotional support!

