

Mental Health Week Worksheet

DAY 1 Maintain gratitude journal	DAY 2 Challenge your negative thoughts, work on your mind.	DAY 3 Practice yoga, exercise, and jog
DAY 4 Connect with your friends, family, and loved ones	DAY 5 Indulge in self-care activities.	DAY 6 Write someone a letter of compliment
	DAY 7 Engage in self-care activity.	