

Mental Health Checkup & Toolkit

Taking care of your mental health is just as important as taking care of your physical health. These exercises can help you cope with emotions like worry, stress, or feeling upset, and help with situations that you feel you can't do much about. Give these exercises a try — they might help you feel better!

Distraction Tool

Doing distracting or fun activities focuses your attention in a helpful way — it gives you something else to think about instead of what is bothering you. Try playing a game, listening to music, spending time with a pet, talking to family/friends, or doing a craft.



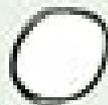
Relaxation Tool

Slowing your body down calms your brain and relaxes your body. Try taking five slow deep breaths, tightening and releasing your muscles, or imagining being somewhere peaceful, like the beach or walking in the woods.



Action Tool

Keeping a good schedule and doing your everyday activities helps you stay on track and be healthy in your body and your mind. Try sleeping on a regular schedule, drinking plenty of fluids, eating nutritious meals, and exercising every day!



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Instructions

1. Pause and take a moment to check up on yourself. How do you feel?
2. Consider each tool. Start with the Distraction Tool and follow the arrows.
3. Which tool do you think will help you feel better right now? (On a different day, it might be a different tool.)
4. Now give it a try!

Thinking Tool

Noticing the realistic and positive parts of a situation increases optimistic thinking, which can help you change how you feel. Try asking yourself, "What are the good things that could happen?" or "These thoughts aren't helping me — how can I see this differently?"



Toolkit Mental Health

M Walker



Toolkit Mental Health:

Whispering the Techniques of Language: An Mental Journey through **Toolkit Mental Health**

In a digitally-driven earth where monitors reign great and instant conversation drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words usually get unheard. Yet, nestled within the pages of **Toolkit Mental Health** a charming literary treasure pulsating with fresh emotions, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, this wonderful opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the emotional depths of this touching evaluation, we can embark upon a honest exploration of the book is key themes, dissect their interesting publishing model, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

https://ftp.thebrandexperience.com/About/publication/default.aspx/world_of_psychology_by_wood_3rd_updated_canadian_edit ion.pdf

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