HOME MENTAL HEALTH TIPS

- Play music.
- Take a walk or bike ride.
- Shower and wear clean clothes.
- Call at least one friend a day.
- Open all shades and curtains.
- Schedule movie time.
- Drink water from a fancy cup.
HOME
MENTAL
HEALTH
TIPS

Play music.
Home Mental Health Tips

Take a walk or bike ride.
Shower and wear clean clothes.
HOME MENTAL HEALTH TIPS

Call at least one friend a day.
HOME MENTAL HEALTH TIPS

Open all shades and curtains.
HOME MENTAL HEALTH TIPS

Schedule movie time.
Drink water from a fancy cup.