

# Home Mental Health Tips

Play music  
all day.



Take a walk or  
bike ride.



Shower and wear  
clean clothes.



Schedule  
movie time.



Open all shades  
and curtains.



Call at least one  
friend a day.



Drink water from  
a fancy cup.

For more resources visit: [work2bewell.org](http://work2bewell.org) & @work2bewell

