

Mental Wellness Techniques



*Treat your body
to a
good night's
sleep.*

PHYSICAL /BODY

- Body tapping
- Going for long walks
- Having a hobby or passion (biking, hiking, dancing, photography, or instruments)
- Long showers or baths
- Spoiling oneself





MIND + EMOTIONS

- Journaling
- Therapy
- Intentional alone time
- Listen to music/podcasts
- Listening to natural noises (birds, water, or leaves)
- Having compassion and love towards oneself

SPIRITUAL

- Reading the Bible or the Quran
- Fellowship with others
- Inspirational quotes
- Guided meditation
- White noise or mantras

STARTING WITH YOURSELF

- Establishing boundaries
- Connecting with friends
- Building a village with the right people to support you and your journey
- Cooking for the community



RELATIONSHIPS
+ COMMUNITY