

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



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



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

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



RELATIONSHIPS
+ COMMUNITY