Mental Health Improvement Plan

Think about these areas of your life. Can you make improvements, if so, what can you do? These areas can all help your mental health.

Exercise

Are you active enough? Could you be more active?

Hobbies

Do you take time to do things you love?

Self care

Do you take time to slow down and relax?

Sleep

Do you wind down before bed? Do you go to bed at a reasonable time?

Diet

Do you eat nutritiously? Can you build more healthy habits into your day?

Communication

Do you take note of your emotions? Do you communicate regularly about how you feel?

Be Happy

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