

MENTAL HEALTH MENU

Think of it like a restaurant menu — with a variety of options to suit your needs. Whether you're craving something light, comforting, or energizing, choose an activity that supports how you're feeling today to help you restore balance, uplift your mood, and support your mental health.

APPETIZERS

Quick mental health boost

GET MOVING

Take a short walk, stretch your muscles, or dance around

TAKE A DEEP BREATH

Try a short mindfulness or meditation exercise

PLAY A BRAIN GAME

Reset with a word search, crossword, sudoku, or puzzle

MORNING BOOST

Enjoy 10 minutes of sunshine or sip your favorite morning drink

SNACK BREAK

Grab a healthy bite like berries and yogurt

LISTEN TO YOUR FAVORITE SONG

Enhance your mood with the music you enjoy most

PET A FURRY FRIEND

Show your pet some love and soak up the good vibes.

PHOTO FLASHBACK

Look at favorite photos and revisit moments that make you smile

MAIN COURSE

Longer & engaging activities

MEET WITH FRIENDS

Enjoy a relaxing coffee or a delicious meal together

TAKE A WORKOUT CLASS

Join a class to move, sweat, and boost your energy.

PLAY A BOARD GAME

Take a break with a game or puzzle to refresh your mind.

GET CREATIVE

Try a creative hobby like drawing, baking, or crafting

DECLUTTER & DONATE

Clear out what you no longer need and give it a new life by donating

SELF-CARE

Treat yourself to a spa day at home and indulge in some self-care

NATURE WALK

Step outside for a stroll in a nearby park or explore a new hiking trail

SIDE DISHES

Activities that compliment mundane tasks

LISTEN TO A PODCAST

Make chores more fun with an engaging podcast!

USE A STANDING DESK

Switch to standing while working to improve focus and energy.

CALL A FRIEND

Turn your drive into a mini catch-up session!

STRESS BALL OR FIDGET SPINNER

Squeeze away tension and stay focused during work meetings

LISTEN TO A PLAYLIST

Turn up a fun playlist while cooking

DESSERTS

Enjoyable in moderation

NETFLIX & CHILL

Watch your favorite TV show or movie

SCROLL SOCIAL MEDIA

Browse through your social media feeds.

SPREAD KINDNESS

Do something kind for someone else

PLAY A GAME ON YOUR PHONE

Enjoy a game on your mobile device.

TAKE A RELAXING SHOWER

Refresh and unwind with a calming shower.

SPECIALS

Rare time-consuming ventures

ENJOY A CONCERT

Spend time listening to live music and enjoying the atmosphere

TAKE A WEEKEND GETAWAY

Explore a new destination, such as a park or a waterfall

COMPLETE A RACE

Challenge yourself, enjoy the journey, and celebrate your success

PLAN A VACATION

Take time to dream, explore options, and map out your next getaway

MENTAL HEALTH MENU WORKSHEET

Use this worksheet to build your personal mental health menu. Take inspiration from the sample activities and add your own favorites, so you have a go-to list of supportive actions ready whenever you need them.

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