

16 WAYS TO SELF CARE ON A MENTAL HEALTH DAY

Don't know what to do on a MHD from work?
Check these out!

EXAMPLES YOU CAN TAKE INSPIRATION FROM AND ADD YOUR OWN IDEAS



1. Plant some flowers..or buy a house plant
2. Journal, set affirmations, reflect
3. Visit your favorite restaurant

1. Binge watch your favorite show.. with snacks and all
2. Bake something!
3. Take someone that you normally don't see to lunch



1. Go for Coffee and a pedicure
2. De-Clutter, or cleanse a space
3. Catch a matinee show or movie

1. Take a long bath! (Extra credit for using bath tea)
2. Read a book at the park.
3. Nap. Take. A. Nap.



1. Create a dope playlist and blast it all day.
2. Work out with NO interruptions.
3. Midday Target run! (TRUST me on this)