

# How's Your Mental Health?



GIVE YOURSELF THE SAME CARE & ATTENTION THAT YOU GIVE OTHERS AND WATCH YOURSELF BLOOM

- HOLLY A BAY



## 1. I'm tired of remote learning

EYEBALLS NEEDING A BREAK? TRY THESE:

- SELF-CARE (MENTAL, PHYSICAL, EMOTIONAL)
- (RE) ORGANIZE YOUR WORKSPACE
- SPICE UP THAT MORNING ROUTINE
- MAKE THOUGHTFUL MEDIA CONSUMPTION CHOICES
- YOU GOT TO MOVE IT, MOVE IT



## 2. I miss my friends

AND THEY MISS YOU! NEVER FORGET, WE ARE ALL IN THIS TOGETHER.

LONELINESS DURING THE PANDEMIC IS COMPLETELY NORMAL BUT, WHAT CAN YOU DO FOR YOU TO GET THROUGH THIS?

- 1 DINNER W/ ALEX
- 2 FACETIME MOM
- \_\_\_\_\_
- \_\_\_\_\_



## 3. Life is like:

- Netflix
- Takeout
- Repeat

TAKE ACTION!

ASSESS YOUR DAY-TO-DAY. WHAT'S MISSING? WHAT SEEMS LIKE A BURDEN? IS JOY PRESENT? ARE YOU BEING KIND TO YOUR BODY?

BE THE CHANGE.  
DRINK YOUR WATER.  
WRITE IT DOWN.



## 4. Is what I'm feeling normal?

THIS PANDEMIC? ABNORMAL. YOUR REACTION? NORMAL. HOW MANY OF THESE HEALTHY HABITS CAN YOU DO EACH DAY?



SCAN HERE FOR ALL THINGS WELLNESS.



YOU'VE GOT THIS AND WE'RE HERE TO HELP. CALL US AT 720-707-6789

For More Tips Visit: <https://www.allhealthnetwork.org/colorado-spirit/>

