

# MENTAL HEALTH & WELL-BEING

Month: \_\_\_\_\_ Year: \_\_\_\_\_

|                        |   |   |   |   |   |   |   |
|------------------------|---|---|---|---|---|---|---|
| DAILY MINDFUL<br>HABIT | M | T | W | T | F | S | S |
|------------------------|---|---|---|---|---|---|---|

8 Hours Sleep

Daily Meditation (10m)

Outdoor Sunlight

Journaling / Reflection

Hydration (2L)

Screen-free Morning

Physical Movement

Social Connection

Acts of Kindness

Reading for Pleasure

## WEEKLY REFLECTION / MOOD

## NEXT WEEK FOCUS