## HAND OF MENTAL HEALTH

How do everyday choices affect your mental health?



How was your mood today?

Who did you spend your time with and how?

Did you listen to a friend?

ear

What made you happy or sad?

Did you share your feelings with anyone?

Move

How did you move during the day?

Did smart phone affect your activity level?

> What kind of activities make you spark?

> > How does a relaxed body feel like?

Did you do something fun today?

What makes you

What is beautiful?

What did you do for fun on the internet today?

CREALING & RASCRE

What did you eat today??

Did you remember to eat regularly?

Did you enjoy your meal? Did you take time to eat?

> Did you wake up feeling energised?

Did you have time to relax and chill out?

Did you fall asleep easily?

EEP

PPP What time did you AND RESA turn off the smart phone?

Did you hang out in social media late in the night?

DAILY RHYTHM

talk

Studies, work Home work

> Chores Me time Hobbies Media

VALUES AND DAILY CHOICES

Do your actions reflect your values?

> What do you value in life?

What is important to you in life?

What kinds of "acts of kindness" did you do today?

mieli

EXERCISE AND MINDFULNESS