

Mental Health

1. Daily Physical Activity (Use up 1,450 calories weekly)
2. Get outdoors for 1 hour daily
3. Music 50 minutes daily (Listen, play instrument, sing)
4. Commit 30 minutes for positive relationship interaction
5. Play for 30 minutes or PLAN for 3 times a week for play (sport, hobby, favorite pastime)
6. Write 5 things you're grateful for in a journal daily
7. Use your hands to make something (woodwork, art, Pottery, assemble, sew, connect content to 3D)
8. Eat 4 or 5 fruits and vegetables daily and protein
9. Sleep 8+ hours: go to bed at the same time (hrs before)
10. Laugh 15 minutes (movie, YouTube, book, etc.)
11. Engage in an altruistic activity