

7 WAYS TO PRIORITIZE YOUR MENTAL WELLNESS

This handout is designed to accompany our blog on World Mental Health Day. Use it as a quick reference for simple, effective ways to start prioritizing your mental wellness.

TIP: choose one or two practices to start with and build from there. Small, consistent actions make the biggest difference.



GROUND YOURSELF DAILY

Pause for 1-2 minutes to focus on your breath, notice your feet on the floor or sense your surroundings. This anchors you in the present moment.



NAME WHAT YOU FEEL

Silently describe your sensations or emotions without judging them. Naming helps release tension and increase awareness.

Jubie
CASS



THE
POSITIVECHANGE
GROUP



MOVE YOUR BODY

Short walks, gentle stretching or mindful movement complete the stress cycle and boost your mood.



SET CLEAR BOUNDARIES

Protect your energy by setting start and stop times for work and model healthy boundaries for others.



TAKE MICRO-BREAKS

Schedule small breaks throughout your day. Step away from screens, get fresh air or practice a brief meditation.



STAY CONNECTED

Reach out to friends, colleagues or support groups. Social connection is a proven buffer against stress.



PRACTICE GRATITUDE

Write down three things you're grateful for each day to shift your focus and build resilience.