

MENTAL HEALTH TOOL KIT

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Feel happier today
with these 8 things.





Our mental health is a key component in preventing and overcoming burnout

It's also essential to staying at peak performance. Yet so often, we only focus on our physical health -- eating healthy, exercising and thinking that if we're in good shape, then we must be healthy. But as we know, that's not always the case. That's why I created my mental health toolkit. These a few of the things I do to keep myself mentally healthy day in and day out. This is what's worked for me. Feel free to use these, adapt them or add your own. There is no right way to keep ourselves mentally healthy. The key is to consistently and consciously work on our mental health, just as we do our physical health.



MOVEMENT

Get your body moving. Don't think of this as exercise that has to be arduous. Think of it as movement that gets your blood flowing. This could be anything from walking your dog, jumping on the trampoline with your kids or doing a killer work out. You get to decide.

JOY

Do something that brings you joy, no matter how small. Find a way to incorporate a joyous moment into every day. For me, this looks like savoring my first cup of coffee in the morning, cuddling with my dog or calling my parents during happy hour.

CONNECT

Who are those people in your life that make you feel happy, supported, encouraged or who just make you laugh your ass off? Find a way to connect with them, even if it's just a five-minute call from the car while running errands.



CELEBRATE

Think about what you've already endured or accomplished in your life. Revel in the glory of what you've already done. Too often we focus on the to-do list and all that we still want to achieve. Instead, take a five-minute mental victory lap on the highlights of your life thus far.

COMMUNITY

Find your people. It's easy to feel like no one understand us, but when you find the right group, you'll feel like you're home. The beauty of the internet is that we can now find people all over the world who share the same interests as us. If you haven't found them yet, keep looking. If you have, spend time with them.



LAUGH

Is there anything better than laughing so hard your sides hurt? Whatever it is that makes you laugh – a funny movie, your favorite comedian or a hilarious friend – spend time with them. Your mood will immediately lift.

VISION

What are you excited about? What is your vision for your life? I'm not talking about spending hours making a vision board. Just spend a few minutes really visualizing what you want your life to look and feel like. Get excited about the future.

GIVE

How can you give your time, talents or money to someone or something you care about? So often we think we have to be millionaires to make a difference. But the truth is, even a 15-minute phone call with someone that could use your help makes a huge difference - not only in their life, but in making us feel valuable.

Here's my challenge for you today: take five minutes and incorporate one of these tools into your day. Don't wait. Don't make an excuse. Just pick one and get started today. By being intentional with how we spend our time and energy, as well as being proactive about adding mental health mood boosters to our days, we can help keep burnout at bay. So go on, give these a try. You and your mental health deserve to feel good!