Coping Skills

Daily Activities to Encourage Mental Health

Have a regular sleep routine: go to bed at the same time every time; and get up at the same time every morning
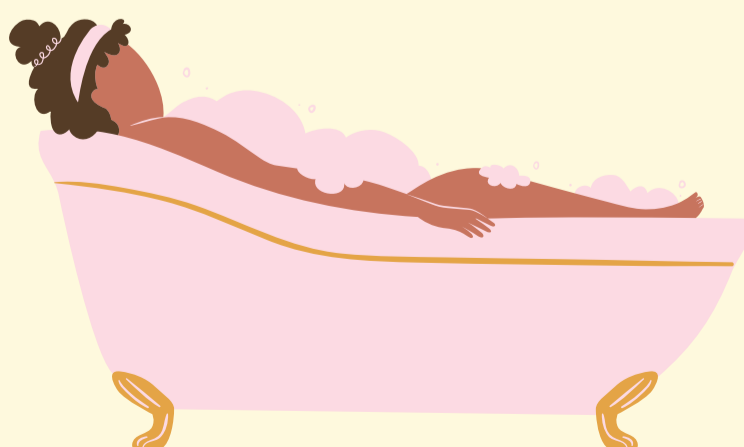
Practice at least 10 minutes of meditation. Set a specific time that is dedicated to this practice.

Take 5-10 minutes a day to write in your journal.

Unplug from electronics and spend time with friends and/or family.

Take time for YOU. Take a bubble bath, read a book, go outside. Something that YOU enjoy.