



SUMMER WELLNESS

1. Start your day with stretching/exercise
2. Practice deep breathing
3. Journal/ Write out your thoughts
4. Read a book
5. Make some art
6. Go on a mindful walk
7. Work in the garden or outdoors
8. Go to a museum
9. Try painting or drawing
10. Write a story
11. Spend time outside
12. Socialize with family or friends



SCAN ME

For more mental health resources

