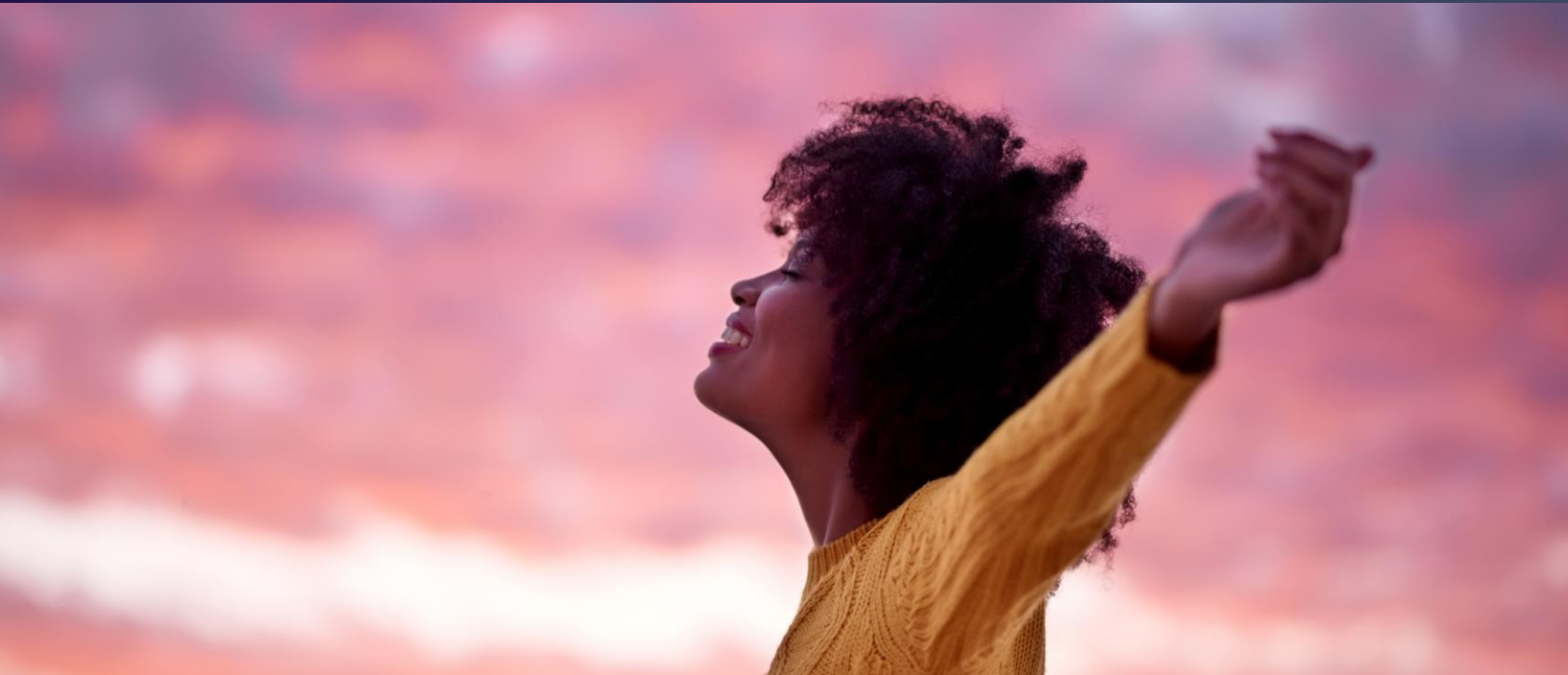


MISSION POSSIBLE: MENTAL HEALTH

Relax and Recharge



In today's fast-paced world, it can be challenging to find the time, space, and energy to relax. It's easy to get caught up in the daily grind, feeling like we need to be productive all the time, and putting pressure on ourselves to keep up with the demands of modern life. Whether it's from the demands of school, work or the constant barrage of information and stimuli, our minds and bodies need a break to stay healthy and productive.

Finding time to unwind and recharge is essential, both for your mental and physical wellbeing. It allows us to clear our minds and reduce stress, helping us to feel more balanced and focused.



MISSION POSSIBLE: MENTAL HEALTH

Relax and Recharge



Mental Health Toolbox: Tool #5

Write down activities, strategies, or tools that will help you recharge your mental health. Find strategies that work for you and add them to your mental health toolbox.

Find a Quiet Space: This might be your bedroom, basement, under a tree outside or even just a corner with noise cancelling headphones or white noise playing.

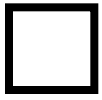
Escape into a Good Story: Reading, watching a favorite movie or series or even viewing a favorite YouTube channel can all offer the opportunity to escape into someone else's story.

Getting in touch with your artistic side can help you feel calmer. Try painting, drawing, playing a musical instrument, baking, or sewing.

Listening to music can relax you, connect you to your emotions and distract you from worrying thoughts. Listen to your favorite songs. Dance, sing along, or just close your eyes and enjoy.

MISSION POSSIBLE: MENTAL HEALTH

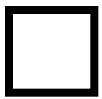
Relax and Recharge



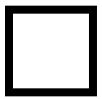
Pursue a Hobby: Engaging in hobbies can provide a vital outlet for stress. From photography, making crafts, to collecting coins, find an activity that offers you relaxation.



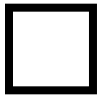
Play Games. Whether you whip out an old-school board game to play with the family or prefer playing digitally, games have the power to take your mind off day-to-day stresses.



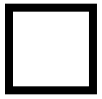
Meditative Walk in Nature. Feel the ground under your feet and the air on your skin. Focus on your senses.



Cultivate your green thumb. Connect with nature while finding solace by pulling weeds and planting flowers. When the summer weather rolls in, you can get out in your garden space and soak up the rays.



Cook up yummy food. Cooking is known as one of the most popular therapeutic and delightful activities. Whether you stick to what you know or start experimenting with new recipes, engage your senses as you chop and savor the aromas that roam around your kitchen.



Spend time with your pets. Owning a pet can help to reduce stress and boost endorphins. Pet owners may socialize and connect with other pet owners or be outside more often - both great ways to improve or maintain positive mental health.

ADDITIONAL TOOLS AND STRATEGIES

Write down any additional strategies or tools that can help you relax and recharge.