

10 Things to Improve Your Mental Wellbeing

- ☒ **Practice Daily Gratitude**
Write down 3 things you're thankful for every day.
- ☒ **Show Empathy and Compassion**
Listen actively, validate others' feelings, and respond with kindness.
- ☒ **Encourage and Uplift Others**
Compliment, support, or motivate someone daily.
- ☒ **Connect with People Meaningfully**
Spend quality time with friends, family, or supportive groups.
- ☒ **Be Physically Active**
Move your body for at least 30 minutes a day (walk, dance, stretch)
- ☒ **Learn Something New or Engage Your Curiosity**
Read, try a hobby, or explore a topic that interests you.
- ☒ **Give Back or Volunteer**
Offer your time, resources, or energy to help others or a cause
- ☒ **Practice Mindfulness or Meditation**
Spend a few minutes each day focusing on your breath or being present