

The Six Pillars of Mental Health

	Diet	Exercise	Social	Pleasure	Relaxation	Sleep
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

The Six Pillars of Mental Health

1. **Diet:** How many meals have you had today? How much water are you drinking?
 - a. **Example:** “Breakfast, lunch, dinner and 3 snacks in between and 8 cups of water”
 - b. **Recommended:** 6 small meals per day or just eat regularly. 10 cups of water for men and 8 cups for women per day.
2. **Exercise:** What exercise have you done today?
 - a. **Example:** “Took dog for a walk, went to the gym for a couple hours.”
 - b. **Recommended:** Minimum of 2.5 hours moderate exercise per week for an adult.
3. **Social:** Who did you interact with today? Did you have any social events?
 - a. **Example:** “Had lunch with a friend, went to the movies with partner.”
 - b. **Recommended:** Make time a couple times a week to spend with friends or family in social setting.
4. **Pleasure:** What did you do today that you enjoyed?
 - a. **Example:** “Played video games with friends, played with the dog.”
 - b. **Recommended:** Set aside time for activities that you find pleasurable.
5. **Relaxation:** What did you do today to calm yourself down or relax?
 - a. **Example:** “Read book before bed, Meditated for half an hour after work”
 - b. **Recommended:** Take time each day to wind down, a good time is just before bed.
6. **Sleep:** What time did you go to bed? How much sleep did you get?
 - a. **Example:** “Went to bed at 11:00, Kept waking up, Only slept about 6 hours.”
 - b. **Recommended:** Aim to get between 7 and 9 hours sleep each night.