



THE WELLNESS PIZZA GUIDE

Nutrition Fuel Your Body Right



Eating healthy isn't just about food - it's about giving your body the best fuel to feel strong, energized, and healthy!

- Eat Colorful Foods:** Choose fruits and veggies in all different colors for a variety of vitamins and nutrients.
 - Why it helps: Eating colorful foods helps your body stay strong, energized, and ready for anything!
- Hydrate! Drink Water:** Drink water throughout the day to stay hydrated and help your brain focus.
 - Why it helps: Staying hydrated improves your concentration, energy, and mood.
- Eat Regular Meals:** Don't skip meals! Have breakfast, lunch, and dinner every day to keep your energy levels steady.
 - Why it helps: Regular meals stabilize your blood sugar, giving you energy throughout the day.
- Healthy Snacks:** Snack on things like nuts, yogurt, or fruit when you're hungry.
 - Why it helps: Healthy snacks give you extra energy to get through the day without the crash of sugary snacks.
- Portion Control:** Be mindful of portion sizes so you feel satisfied without overeating.
 - Why it helps: Balanced portions help maintain a healthy body and prevent feelings of being too full or sluggish.
- Try Something New:** Experiment with new healthy foods, like a veggie you've never tried or a new smoothie recipe.
 - Why it helps: Trying new foods helps you find more things you like and keeps eating fun!
- Mindful Eating:** Take time to enjoy your food. Focus on how it tastes, smells, and feels.
 - Why it helps: Mindful eating helps your body digest food better and gives you a sense of satisfaction.
- Limit Fast Food:** Try to limit your intake of fast food and sugary snacks.
 - Why it helps: Reducing junk food helps keep your energy levels balanced and avoids mood swings.
- Eat Together:** Whenever possible, eat meals with your family or friends.
 - Why it helps: Eating together builds connection, and social interaction can make meals more enjoyable.
- Balance Your Plate:** Include protein, healthy fats, and carbs to keep your body and mind in balance.
 - Why it helps: A balanced plate provides the energy you need to feel your best.

STRUCTURE Stay on Track



Having structure helps you stay organized, reduce stress, and achieve your goals.

- Set Daily Goals:** Write down three things you want to accomplish each day.
 - Why it helps: Clear goals give you direction and motivation to start your day.
- Use a Planner:** Keep track of assignments, events, and activities to stay organized.
 - Why it helps: Having a planner keeps your tasks in order and helps you stay on top of everything.
- Morning Routine:** Start your day with a consistent routine like getting dressed, eating breakfast, and planning the day.
 - Why it helps: A solid routine gets you started on the right foot and helps you feel prepared.
- Make a To-Do List:** Break down your tasks into smaller, manageable steps and check them off as you go.
 - Why it helps: Breaking tasks into steps prevents feeling overwhelmed and boosts motivation.
- Prioritize Your Tasks:** Tackle the most important tasks first, then move to the less urgent ones.
 - Why it helps: Prioritizing tasks helps reduce stress and ensures you accomplish your most important goals.
- Set Time for Homework:** Dedicate specific time slots for homework and school projects.
 - Why it helps: Having a dedicated time to focus on schoolwork improves productivity and reduces last-minute stress.
- Review Your Day:** At the end of each day, take a few minutes to review what you accomplished and what's left to do.
 - Why it helps: Reflecting helps you stay on track and keeps you focused on your goals.
- Create a Bedtime Routine:** Set a calming routine before bed, like reading or taking a warm bath, to help wind down.
 - Why it helps: A bedtime routine helps signal to your brain that it's time to sleep and improves sleep quality.
- Use Timers for Focus:** Use timers to stay focused for short periods of time and avoid distractions.
 - Why it helps: Timers help you stay on task and break work into manageable chunks.
- Stay Flexible:** While structure is important, it's also essential to remain flexible when things don't go as planned.
 - Why it helps: Being flexible reduces frustration and allows you to adapt without stress.

GRATITUDE Appreciate the Good Things



Practicing gratitude helps you focus on the positive and boosts your mood.

- Write Three Things You're Grateful For Every Day:** Every day, jot down three things that make you feel thankful.
 - Why it helps: Gratitude increases happiness and helps shift your focus to the positive in life.
- Express Your Gratitude Verbally:** Thank people for their kindness, whether it's a friend, family member, or teacher.
 - Why it helps: Saying thank you spreads positivity and strengthens relationships.
- Gratitude Jar:** Write something you're grateful for each day and put it in a jar. Read them when you're feeling down.
 - Why it helps: The jar reminds you of the good things in your life and boosts your mood.
- Reflect on the Positive:** Spend a few minutes each day thinking about what went well.
 - Why it helps: Reflecting on positive events increases your feelings of joy and satisfaction.
- Make a Gratitude List:** Create a list of everything you're thankful for, from the big things to the small things.
 - Why it helps: A gratitude list shifts your focus to the good in your life, making you feel more content.
- Share Your Gratitude with Others:** Let someone know how much you appreciate them - whether it's through a note, a message, or a simple "thank you."
 - Why it helps: Sharing your gratitude strengthens your relationships and spreads positivity.
- Be Grateful for Challenges:** Even when things are tough, think about what you can learn or appreciate.
 - Why it helps: Seeing challenges as opportunities for growth helps you stay resilient and hopeful.
- Celebrate Small Wins:** Be thankful for small achievements, like finishing homework or getting through a tough day.
 - Why it helps: Recognizing small victories helps build momentum and boosts self-esteem.
- Appreciate Nature:** Take time to appreciate the beauty around you, whether it's the sky, the trees, or the stars.
 - Why it helps: Nature appreciation brings peace and helps you feel grounded.
- Create a Gratitude Ritual:** Make gratitude a regular part of your day by sharing one thing you're thankful for at dinner.
 - Why it helps: Consistently practicing gratitude reinforces positive thinking and improves overall well-being.

FRIENDS & FAMILY Strengthen Your Connections



Strong relationships help you feel supported and happy.

- Express Gratitude to Others:** Thank your friends and family for their support or kindness.
 - Why it helps: Gratitude deepens relationships and helps everyone feel appreciated.
- Make Time for Your Friends:** Schedule regular hangouts, even if it's just a quick phone call or video chat.
 - Why it helps: Spending time with loved ones strengthens your bond and promotes feelings of connection.
- Give Compliments:** Tell your friends or family members what you admire about them.
 - Why it helps: Compliments boost self-esteem and strengthen emotional bonds.
- Show Up When It Counts:** Be there for others when they need you, whether it's a tough time or a special occasion.
 - Why it helps: Being reliable helps build trust and strengthens your relationship.
- Celebrate Each Other's Wins:** Whether it's a small success or a big achievement, celebrate together!
 - Why it helps: Celebrating together boosts morale and creates positive memories.
- Resolve Conflicts Peacefully:** When you disagree, talk about it calmly and try to understand the other person's point of view.
 - Why it helps: Peaceful conflict resolution strengthens relationships and builds mutual respect.
- Help Without Being Asked:** Offer help when you see someone needs it, whether it's a friend or family member.
 - Why it helps: Acts of kindness build trust and show you care about others.
- Give Your Time and Attention:** Put down your phone and truly listen when someone is talking to you.
 - Why it helps: Active listening makes others feel valued and deepens connections.
- Surprise Someone with a Kind Gesture:** Bring a small gift or offer a thoughtful surprise to make someone smile.
 - Why it helps: Thoughtful gestures make others feel special and appreciated.
- Laugh Together:** Find something to laugh about and enjoy each other's company.
 - Why it helps: Laughter strengthens bonds and creates joyful memories.



DOWNTIME Take a Break



Taking breaks and resting your mind is essential to feeling recharged and focused.

- Take Short Breaks:** Step away from work or school for a few minutes to relax or stretch.
 - Why it helps: Regular breaks reduce stress and help you stay energized and productive.
- Relax with a Book:** Take time to read a book for fun, whether it's a story or a topic you love.
 - Why it helps: Reading helps you unwind and escape into another world for a while, reducing stress.
- Watch Your Favorite Show:** Sometimes a quick episode of your favorite show can be a great way to relax.
 - Why it helps: Watching shows you enjoy helps distract your mind and gives you a mental break.
- Breathe Deeply:** Use deep breathing to relax your body and mind when you feel overwhelmed.
 - Why it helps: Breathing exercises help reduce tension and bring a sense of calm.
- Take a Power Nap:** A short 15-20-minute nap can help you feel refreshed and ready to continue with your day.
 - Why it helps: Napping recharges your brain and gives you more energy for the tasks ahead.
- Listen to Music:** Relax with your favorite playlist or soothing sounds.
 - Why it helps: Music has the power to relax the mind, elevate your mood, and reduce anxiety.
- Do Nothing for a Few Minutes:** It's okay to just sit and not do anything for a while. Let your mind rest.
 - Why it helps: Mindful relaxation can help clear your head and recharge your mental energy.
- Spend Time in Nature:** Take a walk in the park, sit under a tree, or just enjoy the outdoors for a bit.
 - Why it helps: Nature is calming and helps reduce stress and mental fatigue.
- Create a Cozy Spot:** Set up a cozy corner with blankets, pillows, and maybe a warm drink to relax in.
 - Why it helps: Having a comfortable, peaceful space encourages rest and relaxation.
- Laugh!** Watch a funny video, tell jokes, or laugh with friends to relieve stress.
 - Why it helps: Laughter is a natural way to reduce stress, boost mood, and improve overall well-being.

ARTS & CRAFTS Get Creative



Expressing yourself creatively helps reduce stress and boosts mood.

- Doodle or Sketch:** Draw whatever comes to mind, even if it's just random doodles.
 - Why it helps: Creative expression helps you relax, focus, and tap into your emotions.
- Paint Your Feelings:** Use colors and shapes to represent how you're feeling. No rules, just fun!
 - Why it helps: Art is a great way to express emotions and relieve stress.
- Make a Vision Board:** Create a board filled with your goals, dreams, and things that inspire you.
 - Why it helps: Vision boards help you visualize your goals and give you motivation to work toward them.
- Try Origami:** Fold paper into fun shapes to relax and focus your mind.
 - Why it helps: Origami helps improve concentration and mindfulness, plus it's fun!
- Create a Scrapbook:** Collect photos, quotes, and memories to make a creative scrapbook.
 - Why it helps: Scrapbooking helps organize your thoughts and feelings while making something meaningful.
- Make Friendship Bracelets:** Craft something for yourself or a friend—making something for others feels great!
 - Why it helps: Crafting something with your hands boosts self-esteem and creates meaningful gifts.
- Build with Clay:** Create something fun with clay or Play-Doh to relax your mind.
 - Why it helps: Playing with clay is therapeutic and great for releasing tension.
- Create a Comic Strip:** Make a short comic or story to express your creativity.
 - Why it helps: Telling stories through art helps organize thoughts and fosters creative problem-solving.
- Decorate Your Space:** Change things up in your room by decorating it in a way that feels fun or relaxing.
 - Why it helps: Personalizing your space creates a comforting environment and boosts your mood.
- Make a Collage:** Cut out pictures from magazines or print images to create a fun collage.
 - Why it helps: Collages allow you to reflect on your interests and create something uniquely yours.

HYGIENE Keep It Clean and Fresh



Good hygiene is a basic part of self-care and helps you feel confident and healthy.

- Brush Teeth Twice a Day:** Keep your teeth clean and healthy by brushing in the morning and night.
 - Why it helps: Brushing prevents cavities and freshens your breath, making you feel more confident.
- Wash Your Hands Often:** Keep your hands clean by washing them regularly throughout the day.
 - Why it helps: Hand washing prevents germs from spreading and keeps you healthy.
- Shower or Bathe Regularly:** Keep your skin and body clean by showering or bathing frequently.
 - Why it helps: A clean body boosts your confidence and helps you feel fresh all day.
- Wear Clean Clothes:** Put on fresh clothes every day to feel clean and comfortable.
 - Why it helps: Clean clothes help you feel good and look your best.
- Trim Your Nails:** Keep your nails trimmed and clean.
 - Why it helps: Proper nail care reduces the risk of infections and helps you stay healthy.
- Use Deodorant for Freshness:** Apply deodorant to stay fresh, especially after physical activity.
 - Why it helps: Deodorant keeps you feeling clean and comfortable throughout the day.
- Wash Your Face:** Clean your face twice a day to remove dirt and oil.
 - Why it helps: Clean skin helps you feel refreshed and reduces the risk of acne.
- Keep Your Hair Clean:** Wash and comb your hair regularly.
 - Why it helps: Well-groomed hair improves your self-esteem and makes you feel more confident.
- Use Clean Towels and Bedding:** Change your bedding regularly and use fresh towels.
 - Why it helps: Clean linens help you sleep better and feel more comfortable.
- Take Care of Your Feet:** Wash and keep your feet clean to avoid discomfort and odor.
 - Why it helps: Healthy feet make you feel more comfortable and ready for any activity.

MUSIC Find Your Rhythm



Music is an incredible tool to express yourself, boost your mood, and relax.

- Create Your Own Playlist:** Pick your favorite songs and create a playlist that lifts your mood.
 - Why it helps: Custom playlists give you a way to express your emotions and bring joy to your day.
- Sing or Dance to Your Favorite Song:** Let loose and sing or dance to your favorite music.
 - Why it helps: Music boosts mood, reduces stress, and lets you have fun while moving your body.
- Learn an Instrument:** Try learning how to play an instrument like the guitar, piano, or drums.
 - Why it helps: Playing music improves focus and enhances creativity while also being therapeutic.
- Listen to Calming Music:** Put on soft, instrumental music to help you relax and unwind.
 - Why it helps: Calming music reduces anxiety, stress, and helps you focus on relaxation.
- Share Music with Friends:** Introduce your friends to a song or artist you love.
 - Why it helps: Sharing music and discovering new tunes together is a bonding experience.
- Create Soundscapes:** Experiment with different sounds to create your own soundscape.
 - Why it helps: Creating soundscapes fosters creativity and helps with relaxation.
- Make a Sound Journal:** Record different sounds around you or track your mood through music each day.
 - Why it helps: Tracking music with emotions helps you understand how sounds affect your mood.
- Play Music for Relaxation:** Use music to help you focus or calm your mind.
 - Why it helps: Background music can boost concentration and relaxation.
- Attend a Concert or Show:** If possible, attend a live music event or watch a performance online.
 - Why it helps: Live music connects you to the energy of a crowd and creates a sense of community.
- Use Music to Express Yourself:** Use music to match your current emotions, whether it's upbeat or slow.
 - Why it helps: Expressing emotions through music helps you connect with and understand your feelings.



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THERAPY

Talk It Out



Talking to a therapist helps you work through difficult emotions and develop coping skills.

- Make Therapy a Routine:** Just like brushing your teeth, make therapy a regular part 1. of your self-care.
 - Why it helps: Consistency in therapy helps you stay on track with your mental health goals.
- Be Open About Your Feelings:** Share your thoughts, worries, and struggles openly with your therapist.
 - Why it helps: Being open with a therapist helps you uncover the root causes of your challenges and find solutions.
- Practice Self-Reflection:** After each session, take a few minutes to reflect on what you've learned.
 - Why it helps: Self-reflection helps reinforce insights gained in therapy and encourages personal growth.
- Set Goals with Your Therapist:** Work with your therapist to set small, achievable goals for your mental health.
 - Why it helps: Goal-setting gives you something concrete to work toward, boosting motivation and self-esteem.
- Journaling Between Sessions:** Write down your thoughts or feelings between therapy sessions to track your progress.
 - Why it helps: Journaling helps you process your emotions and prepare for discussions in your next session.
- Learn Coping Skills:** Ask your therapist to teach you coping strategies, like mindfulness or breathing exercises.
 - Why it helps: Learning coping skills helps you handle difficult emotions in a healthy way.
- Bring Up Your Concerns:** If something isn't working in therapy, talk to your therapist about it so you can adjust.
 - Why it helps: Open communication ensures therapy is effective and tailored to your needs.
- Be Kind to Yourself:** Practice self-compassion, and don't be hard on yourself if progress feels slow.
 - Why it helps: Being kind to yourself helps you stay motivated and reduces feelings of shame or frustration.
- Talk About Your Progress:** Share what's been working for you with your therapist and celebrate small victories.
 - Why it helps: Acknowledging progress helps boost self-esteem and reinforces positive behaviors.
- Apply What You Learn:** Try to apply what you discuss in therapy to your everyday life.
 - Why it helps: Practicing what you've learned helps build resilience and reinforces healthy habits.

SPIRITUALITY

Find Inner Peace



Spirituality can help you feel grounded, connected, and peaceful.

- Practice Gratitude:** Take a moment each day to be thankful for something in your life.
 - Why it helps: Gratitude helps shift your focus to the positive, improving mood and outlook.
- Meditate for Calm:** Spend a few minutes each day in quiet meditation, focusing on your breathing.
 - Why it helps: Meditation reduces stress, clears your mind, and helps you feel peaceful.
- Spend Time in Nature:** Go outside and take a walk, appreciating the beauty of the world around you.
 - Why it helps: Nature is calming and helps you reconnect with yourself and the world.
- Practice Kindness:** Show kindness to others through simple actions like helping or listening.
 - Why it helps: Kindness brings a sense of fulfillment and strengthens emotional connections.
- Express Yourself Creatively:** Draw, paint, or engage in something artistic to express your thoughts and feelings.
 - Why it helps: Creative expression promotes emotional well-being and helps you process your emotions.
- Find Quiet Time:** Set aside a few minutes each day to be quiet and still, away from distractions.
 - Why it helps: Quiet time helps your mind relax and restores energy for the day ahead.
- Practice Forgiveness:** Let go of grudges and practice forgiving others, even if it's hard.
 - Why it helps: Forgiveness helps release negative feelings, reducing stress and promoting peace.
- Create a Peaceful Space:** Designate a corner of your room for relaxation with calming things like candles or plants.
 - Why it helps: Having a peaceful space promotes relaxation and helps you feel centered.
- Connect with Your Values:** Take time to think about what really matters to you in life.
 - Why it helps: Aligning with your core values can help you feel more grounded and confident.
- Breathing Exercises:** Practice slow, deep breathing when you feel stressed to calm your body and mind.
 - Why it helps: Deep breathing helps reduce anxiety and stress by slowing down your heart rate and clearing your mind.

SLEEP

Recharge Your Body and Mind



Getting enough sleep is super important for feeling good and staying healthy!

- Stick to a Routine:** Go to bed and wake up at the same time every day - even on weekends!
 - Why it helps: A consistent sleep schedule helps your body know when it's time to rest and recharge.
- Create a Relaxing Bedtime Routine:** Take a warm bath, read a book, or listen to calming music before bed.
 - Why it helps: A calming routine helps your body relax and get ready for restful sleep.
- Limit Screen Time Before Bed:** Avoid phones, tablets, or computers an hour before bed.
 - Why it helps: The blue light from screens can mess with your sleep and make it harder to fall asleep.
- Make Your Room Cozy:** Keep your room dark, quiet, and cool for the best sleep environment.
 - Why it helps: A good sleep environment helps you fall asleep faster and stay asleep longer.
- Avoid Caffeine:** Stay away from caffeinated drinks in the afternoon or evening.
 - Why it helps: Caffeine keeps you awake and prevents your body from relaxing at bed time.
- Exercise During the Day:** Get some physical activity earlier in the day to help you sleep better at night.
 - Why it helps: Exercise promotes better sleep and helps reduce anxiety and stress.
- Limit Naps:** Napping is great, but don't nap too late in the day as it can mess with your nighttime sleep.
 - Why it helps: Naps earlier in the day can refresh you without interfering with your night time rest.
- Use a Sleep Journal:** Write down how you're feeling before bed, especially if you're having trouble sleeping.
 - Why it helps: A sleep journal can help you track patterns and figure out what's affecting your sleep.
- Don't Eat Right Before Bed:** Avoid big meals right before sleep—leave a few hours for digestion.
 - Why it helps: Digestion can interfere with your ability to fall asleep, so it's better to eat earlier in the evening.
- Breathe Deeply:** Practice deep breathing or meditation to calm your mind before sleep.
 - Why it helps: Deep breathing helps relax your mind and body, making it easier to fall asleep.

NATURE

Connect with the Outdoors



Nature has amazing benefits for your mental and physical health. Spending time outside helps you recharge and refresh.

- Go for a Walk in the Park:** Spend some time walking in nature to clear your mind and relax.
 - Why it helps: Nature walks help reduce stress, calm the mind, and improve mood.
- Sit Outside and Breathe:** Find a quiet spot outside and take a few deep breaths while appreciating nature.
 - Why it helps: Breathing in fresh air and being in nature helps reduce anxiety and boosts your well-being.
- Plant a Garden:** Try planting flowers, herbs, or vegetables to care for nature and watch things grow.
 - Why it helps: Gardening teaches patience and provides a sense of accomplishment.
- Take a Nature Photo:** Go outside and take photos of plants, animals, or the scenery around you.
 - Why it helps: Taking photos helps you focus on the beauty around you and promotes mindfulness.
- Observe the Wildlife:** Sit quietly and watch the animals or birds around you. Notice their movements and sounds.
 - Why it helps: Wildlife observation promotes calmness and encourages mindfulness.
- Try Forest Bathing:** Spend time in the forest or woods, immersing yourself in the sounds and sights of nature.
 - Why it helps: "Forest bathing" (Shinrin-yoku) has been shown to reduce stress and boost mood.
- Have a Picnic:** Pack a healthy lunch and eat it outdoors with friends or family.
 - Why it helps: Eating in nature boosts enjoyment of food and connects you to your surroundings.
- Go for a Hike:** Find a local trail and enjoy hiking through the natural world.
 - Why it helps: Hiking builds physical strength, reduces stress, and gives you time to think.
- Spend Time by Water:** Visit a lake, river, or beach and enjoy the calming effects of water.
 - Why it helps: Being near water is proven to help reduce stress and increase relaxation.
- Volunteer for Environmental Causes:** Help clean up a local park or plant trees in your community.
 - Why it helps: Volunteering connects you with nature and your community, giving you a sense of purpose.



MOVEMENT

Keep Your Body Active



Staying active is an amazing way to feel strong, happy, and healthy!

- Dance to Your Favorite Song:** Move to the rhythm of your favorite music, whether it's a fast beat or slow and relaxing.
 - Why it helps: Dancing is a fun way to get your heart pumping and boost your mood.
- Go for a Walk:** Take a short walk outside, even if it's just around the block.
 - Why it helps: Walking gets you moving and gives you a chance to clear your head and enjoy nature.
- Try a New Sport:** If you like challenges, try a new sport like tennis, soccer, or even roller skating.
 - Why it helps: Trying something new keeps things exciting and gives you a chance to challenge your body.
- Stretch Every Morning:** Start your day with a few minutes of stretching to wake up your muscles.
 - Why it helps: Stretching increases flexibility and helps you feel energized for the day.
- Take the Stairs:** Skip the elevator and take the stairs to get your body moving.
 - Why it helps: Climbing stairs is a quick way to build strength and boost your heart health.
- Bike Around Town:** Grab your bike and ride around with friends or family.
 - Why it helps: Biking is a fun way to move your body and explore your neighborhood.
- Yoga for Relaxation:** Practice simple yoga poses to improve flexibility and calm your mind.
 - Why it helps: Yoga helps reduce stress and enhances both mental and physical health.
- Play with Friends:** Run, jump, or play tag with friends outside!
 - Why it helps: Social play is a great way to stay active and build friendships.
- Limit Sitting Time:** Take breaks from sitting by standing up, stretching, or walking around every hour.
 - Why it helps: Too much sitting can make you feel sluggish, so moving around helps keep your energy high.
- Set Movement Goals:** Try setting a goal, like moving for 30 minutes every day.
 - Why it helps: Having a goal encourages you to stay active and feel accomplished.

MEDITATION

Find Your Calm



Meditation is a powerful tool for reducing stress and improving focus. Here's how to integrate it into your daily routine.

- Start with 5 Minutes of Quiet Time:** Find a quiet spot, close your eyes, and focus on your breathing for five minutes.
 - Why it helps: This short session helps calm your mind and lowers stress levels.
- Use Guided Meditation:** Use an app or YouTube to follow along with a guided meditation.
 - Why it helps: Guided meditations help you focus and provide structure for beginners.
- Focus on Your Breathing:** Take slow, deep breaths in and out, counting to four each time.
 - Why it helps: Breathing exercises help relax your body, reduce anxiety, and improve concentration.
- Practice Mindful Walking:** Go for a walk and focus on the sensations in your body—sight, sound, and smell.
 - Why it helps: Walking mindfully connects you to the present moment, calming your mind.
- Visualization Techniques:** Close your eyes and picture a peaceful place, like a beach or forest, and imagine yourself there.
 - Why it helps: Visualization helps reduce stress and anxiety by creating a mental escape.
- Use Affirmations:** Repeat positive affirmations, such as "I am calm" or "I am in control of my feelings."
 - Why it helps: Affirmations improve self-confidence and help you stay calm.
- Body Scan:** Mentally scan your body from head to toe, noticing any tension and focusing on relaxing each part.
 - Why it helps: This helps you become more aware of your body and reduces stress.
- Focus on the Present Moment:** Try not to think about the past or future. Simply focus on the here and now.
 - Why it helps: Living in the present moment helps reduce worry and keeps you centered.
- Create a Meditation Space:** Set up a quiet area with a cushion or blanket where you can meditate every day.
 - Why it helps: A peaceful environment makes it easier to relax and focus.
- Meditate Before Bed:** Spend a few minutes meditating before bedtime to help calm your mind and prepare for sleep.
 - Why it helps: Meditation before bed reduces racing thoughts and helps improve sleep quality.

JOURNALING

Write It Out



Journaling helps you express your thoughts and feelings, and can be a powerful way to process emotions.

- Write Your Feelings Down:** Take a few minutes each day to jot down how you're feeling.
 - Why it helps: Writing your emotions down helps you process and understand them better.
- Gratitude Journal:** Each day, write down three things you're grateful for.
 - Why it helps: Gratitude shifts your perspective to the positive, helping improve your overall mood.
- Set Daily Goals:** Write down something you want to achieve each day, big or small.
 - Why it helps: Setting small goals boosts your sense of accomplishment and helps you stay motivated.
- Express Your Creativity:** Don't just write words try drawing or doodling in your journal.
 - Why it helps: Creative journaling boosts self-expression and helps you connect with your emotions.
- Reflection:** Before bed, take a moment to reflect on your day. What went well? What could be better?
 - Why it helps: Reflection helps you learn from your experiences and improve yourself for the future.
- Write Letters You Don't Send:** Write letters to yourself or to others that you don't plan to send.
 - Why it helps: Writing unsent letters provides a safe space to vent, process feelings, and heal.
- Set Positive Intentions:** Write down your goals or intentions for the day to help guide you.
 - Why it helps: Setting positive intentions helps you stay focused and brings clarity to your actions.
- Create a Dream Journal:** Write about your dreams whether they're daydreams or nighttime dreams.
 - Why it helps: Exploring dreams helps uncover hidden feelings or goals you might not be aware of.
- Mood Tracker:** Keep a mood tracker in your journal to note how you're feeling throughout the day.
 - Why it helps: Tracking moods helps you understand patterns and recognize triggers.
- Write Affirmations:** Write down positive things about yourself - things you like about who you are.
 - Why it helps: Positive affirmations build self-esteem and encourage a loving, positive self-image.

MEDICATION

Manage Your Health



Taking medication as prescribed helps you feel balanced and healthy.

- Take Your Medication on Time:** Set a reminder to take your medication at the same time every day.
 - Why it helps: Consistency in taking medication ensures it works effectively and helps you feel your best.
- Talk to Your Doctor:** If you have any questions or concerns about your medication, talk to your doctor.
 - Why it helps: Communication ensures you understand your medication and can address any side effects.
- Track Your Symptoms:** Keep a journal of how you feel before and after taking your medication.
 - Why it helps: Tracking your symptoms helps you and your doctor make informed decisions.
- Routine:** Incorporate your medication into your daily routine, such as right after breakfast or before bed.
 - Why it helps: A consistent routine helps you remember to take your medication regularly.
- Follow Doctor's Instructions:** Always take your medication exactly as prescribed, and never skip doses.
 - Why it helps: Following instructions ensures the medication works properly and avoids side effects.
- Use a Pill Organizer:** If you take multiple medications, use a pill organizer to keep track of each dose.
 - Why it helps: A pill organizer helps prevent confusion and ensures you don't miss a dose.
- Know Your Medication:** Learn about the purpose of your medication and any potential side effects.
 - Why it helps: Understanding your medication gives you confidence in your treatment plan.
- Stay Active & Healthy:** Exercise and eat a balanced diet to complement the effects of your medication.
 - Why it helps: Healthy habits improve the effectiveness of your medication and contribute to well-being.
- Don't Share Medication:** Never share your medication with others, even if they have similar symptoms.
 - Why it helps: Sharing medication can be dangerous and may not be appropriate for others.
- Be Patient:** Medication can take time to have its full effect, so be patient and allow it to work.
 - Why it helps: Patience ensures you stay consistent and gives the medication time to do its job.