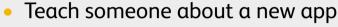


5 steps to improve your mental health





Attend an activity in the community

Have a baking date with someone

Send a letter/email to an old friend



Play in the park

Listen to a podcast

Try a new physical activity

• Walk in a different location



- Eat with your friends; no phones allowed
- Sit alone and watch your surroundings
- Pray or meditate
- Review a photo album

Learn New Things

- Learn 5 new words in a week
- Try out a new board or digital game
- View things to learn at your local library
- Read something fulfilling



- Make a card for someone
- Help with a chore around your home
- Volunteer time within the community
- Do something nice for a stranger



Visit the QR code to download the Five to Thrive accountability calendar















