

Mind Health Recharge

Reflect, Connect & Move Forward



This activity is designed to help you think about how your actions promote health, support your growth, reflect your values, and are helping you to be the best person that you can be. You may also discover opportunities and areas where you can do more to focus on your mental health and wellness.



A TIME TO REFLECT

Reflect on lessons learned.

One unique or positive thing that I like about myself or that I'm good at is ...

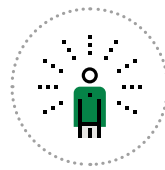
Something that I would like to improve about my behavior, how I manage my emotions, or how I connect with others is ...

Someone who's had a positive impact on me is ...

SCAN TO LEARN MORE ABOUT MIND HEALTH



SCAN TO LEARN MORE ABOUT THE NEXT LEVEL MENTALITY SERIES

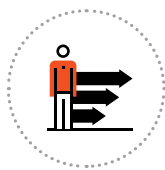


A TIME TO BE PRESENT

Connect with feelings and gratitude for the present moment.

In this moment, I feel ...

One thing I'm grateful for in this moment is ...



A TIME TO MOVE FORWARD

Reach out for help when needed and understand that your attitude and perspective influences how you show up and respond in different situations.

If I'm having a hard day or need support, two people I can talk to are ...

One thing I commit to doing for my mental health and wellness this year is ...
