

# 10 Reflections for Improving Mental Health

## Instructions

Take a moment to reflect on each of these items. What do you already do well? What items could you grow in? Explore how you can incorporate each item in your personal life.

Ideas:	Personal Notes:
Establish a Routine	
Take Nature Breaks	
Limit Media Consumption	
Get Physical Activity	
Practice Mindfulness	
Connect with Others	
Prioritize Nutrition	
Start Going to Therapy	
Set Boundaries	
Cultivate Creativity	