
DAILY HABITS FOR

Mental Wellness

1 Pray

Begin each day with prayer. Spend 20 minutes a day with Jesus.

2 Exercise

30 minutes of physical activity daily, such as walking. Spend time in nature to lower blood pressure and improve mood.

3 Prioritize Sleep

Create a calm, dark, and quiet bedroom environment getting 7-9 hours of sleep nightly.

4 Eat Well

Include fruits and vegetables in your meals for better mental energy. Limit processed foods

5 Hydration

Drink 8-10 glasses of water daily. Avoid caffeine or energy drinks which can dehydrate.

6 Digital Boundaries

Limit social media, video games and news consumption to reduce anxiety and calm the mind.

7 Connect with Others

Reach out to friends, family, or colleagues for social support. In-person contact 1-2 times a week.

8 Practice Gratitude

Note three things you are thankful for each morning or evening to shift focus from negative to positive
