

Mental Health Challenge!

8 Things You Can Do to Boost Your Mood

1. Learn more about yourself

TAKE:

The Meyers and Briggs' 16 Personality Types Test

<https://www.16personalities.com/free-personality-test>

ENCOURAGEMENT: Every one of you is wonderfully unique. There is no one else like you!

JOURNAL:

1. What did you learn about your personality?
2. What do you love about your personality?
3. What are some areas you struggle with in daily life? During the Quarantine?

2. Tell Yourself Something Positive

3. Write Down Something You're Grateful For

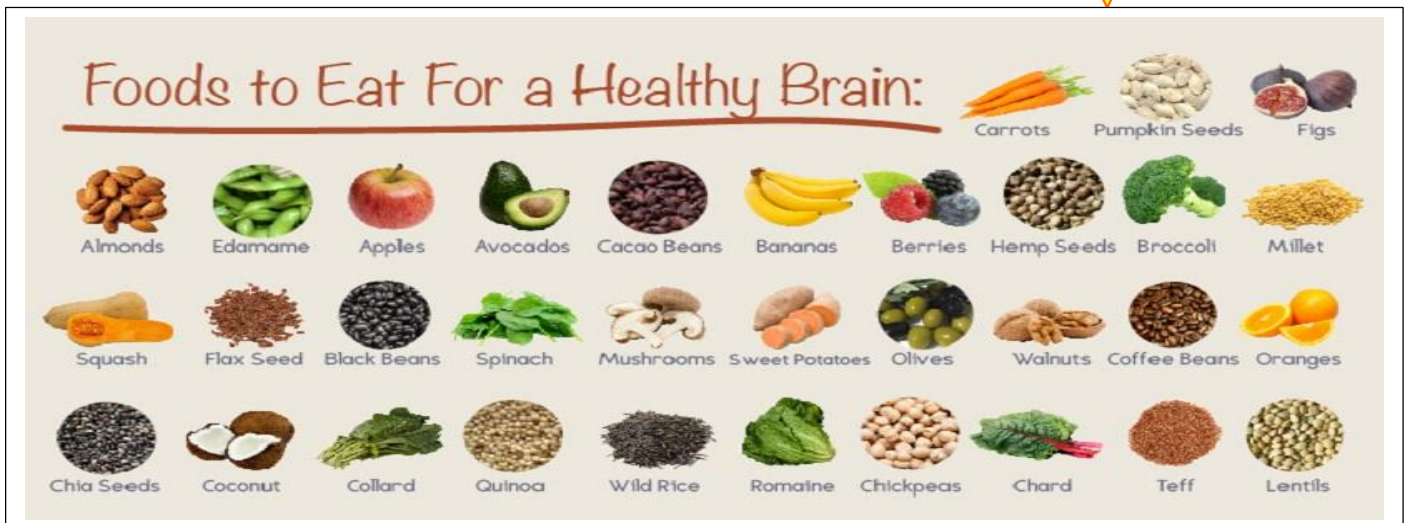
4. Do Some Exercise You Enjoy!

5. Go to Bed on Time

6. Open Up to Someone

7. Do Something Good for Someone Else

8. Eat a Good Meal



EXTRA CHALLENGE: See if you can go one day, Saturday or Sunday, without using technology (no phone, Ipad, videogames, etc.)