

Ways to invest in your mental health



Have a clear out



Take on a new project



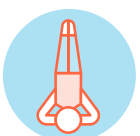
Read a new book



Write a poem



Do a jigsaw



Practice yoga



Go outside for a walk



Start a new TV show



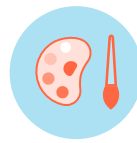
Try meditation or mindfulness



Do a home workout



Have a movie night



Do something creative



Listen to some music



Have a relaxing bath



Journal how you feel



Do some baking



Talk to an old friend



Learn a new skill



Play a boardgame



Talk to your family



Start a bucket list



Start a gratitude journal