SO YOU WANT TO TAKE A MENTAL HEALTH BREAK?

HOW MUCH TIME DO YOU HAVE?

I DON'T HAVE THAT MUCH TIME...
- SIP HOT DRINKS
- EAT COMFORTING SNACKS
- TRY NEW FOODS
- LIGHT A CANDLE
- SAVOR SMELLS OF COFFEE & TEA
- BROWSE GIFS
- WATCH NATURE VIDEOS
- LOOK AT OLD PICS
- WEAR SOFT CLOTHES
- HOLD A WARM MUG
- PET A DOG OR CAT
- LISTEN TO A MEDITATION
- TAKE DEEP BREATHS
- MAKE A PLAYLIST
- I WANT TO DO SOMETHING I CAN SEE

I HAVE ALL THE TIME IN THE WORLD!
- MAKE AND EAT A NEW DISH
- SAVOR A SOLO MEAL AT A RESTAURANT
- TAKE A BATH WITH SCENTED SOAP
- VISIT THE LIBRARY & THAT OLD BOOKSMELL
- BUY HERBS OR LAVENDER
- CURL UP WITH A GOOD BOOK
- WATCH A SUNRISE OR SUNSET
- SEE AN ART EXHIBIT
- GET A MASSAGE
- TAKE A YOGA CLASS
- GO FOR A WALK & TOUCH LEAVES OR PLANTS
- TAKE A WALK WITHOUT HEADPHONES
- GO TO A CONCERT
- CALL A SUPPORTIVE PARTNER, FRIEND, FAM
- I WANT TO DO SOMETHING I CAN HEAR
- I WANT TO DO SOMETHING I CAN TASTE
- I WANT TO DO SOMETHING I CAN SMELL
- I WANT TO DO SOMETHING I CAN FEEL