



## 12 DAILY HABITS TO BOOST YOUR MENTAL HEALTH

1. SPEND 5 MINUTES IN SILENCE EACH MORNING
2. TAKE A WALK OUTSIDE
3. EAT LESS CRAP
4. DRINK A GLASS OF WATER
5. WRITE OR SAY 10 THINGS YOU ARE THANKFUL FOR
6. ENCOURAGE SOMEONE ELSE
7. DO SOMETHING YOU LOVE TO DO
8. CLEAR SOME CLUTTER
9. MOVE YOUR BODY
10. SET BOUNDARIES ON MEDIA AND SCREEN TIME
11. BREATHE DEEP FOR 2 MINUTES
12. BEFORE BED, SPEND 5 MINUTES STRETCHING

"I am fearfully and wonderfully made." Psalm 139    [newway-fitness.com](http://newway-fitness.com)    [@new.way.fit](https://www.instagram.com/new.way.fit)

