

# MY WEEKLY WELLNESS PLAN

## #MENTALHEALTHMATTERS

### Things I can do this week to stay active:

- Eg: go for a walk

### Things I can do when I'm feeling stressed:

- Eg: listen to music

### One thing I can do to change my routine:

- Eg: try a new recipe

### Something I will do to engage my brain:

- Eg: read a book

### Things I can do to connect with others:

- Eg: call a friend

### Something I can do outside:

- Eg: build a snowman

