HAND OF MENTAL HEALTH

How do everyday choices affect your mental health?



What time did you turn off the smart phone?

> Did you scroll through social media late into the night?

Chores Me time Hobbies Media

VALUES AND DAILY CHOICES

Do your actions reflect your values?

What do you value in life?

What is important to you in life?

What kinds of "acts of kindness" did you do today?

What is beautiful?

What did you do for fun on the internet today?

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