



**PREVENTION
COLLABORATION
COMMUNITY STRENGTHS
ACTION RESEARCH**

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PRACTICAL TIPS TO ENHANCE MENTAL WELLNESS

BE KIND

- Volunteer
- Help a friend or neighbor
- Offer support and encouragement to others

GET ACTIVE

- 10 to 15 minutes of exercise each day
- Take regular breaks
- Try a group activity

BE YOURSELF

- Surround yourself with positive people who accept you as you are
- Try something new
- Compliment yourself

PRACTICE GRATITUDE

- Keep a gratitude journal
- Self-reflection
- Use small gestures to express your thanks

LISTEN TO MUSIC

- While doing house chores
- Make a playlist of upbeat songs to listen to when you need a “pick me up”

LAUGH

- Share jokes with others
- Watch a funny movie/series
- Get together with a friend who makes you laugh

EAT HEALTHY FOODS

- Fruits and vegetables
- Whole grain products
- Milk and/or alternatives
- Meat and/or alternatives
- Drink water
- Limit processed and fast foods and caffeine