

# Ways to invest in your mental health



**Have a clear out**



**Take on a new project**



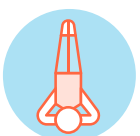
**Read a new book**



**Write a poem**



**Do a jigsaw**



**Practice yoga**



**Go outside for a walk**



**Start a new TV show**



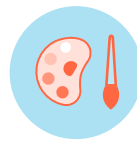
**Try meditation or mindfulness**



**Do a home workout**



**Have a movie night**



**Do something creative**



**Listen to some music**



**Have a relaxing bath**



**Journal how you feel**



**Do some baking**



**Talk to an old friend**



**Learn a new skill**



**Play a boardgame**



**Talk to your family**



**Start a bucket list**



**Start a gratitude journal**