

# Mental Health Day - 10 Oct 2021

CELEBRATE WITH WELL-BEING RITUALS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 RITUAL PER DAY	10 Embrace bravely your current mental status	11 List 3 needs sought by your mind 	12 Name 3 persons to give your gratefulness 	13 Say it out loud x3 "I am here for myself" 	14 Describe your best mental get-away 	15 Pick 3 quotes to nurture your mind 	16 Say something comforting to your mind 	
Meditation/ Visualization	17 Treat your mind with 2 heart-warming acts 	18 Find the origins to your mental happiness 	19 Appreciate 1 strength of your mind 	20 Make your mind laugh 	21 List out 3 of your mental stressors 	22 Radiate yourself with your mind beauty 	23 Find 1 thing to forgive yourself 	
Being Mindful & Present	24 Give a hug to your mind 	25 Applause yourself on 3 things you did recently 	26 Re-wire 1 path in your mind 	27 Dedicate 3 powerful affirmations to yourself 	28 Relax your mind with 5 deep breaths 	29 Eliminate 1 negative thought 	30 Ground your mind as ____ (what is working for you) 	
Express Gratefulness/ Appreciation	31 Let go 1 habit that not adding to your mental happiness	<i>Give thanks to your mind for doing this 21 days rituals together. Grant it a DAY OFF?</i>						



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where emotional well-being meets positive parenting...



*Just keep breathing*