

Building Healthy Habits



Small changes can make a big difference in your mental health

Take time to focus on ways to improve your mental health by growing healthy environments with small behavioral changes.

Practice the following healthy behavior each day during the month of May to participate in the challenge. Below are some examples of activities you can do in those environments. Each day in May, mark off the objective you practiced on the tracker on the next page. For additional examples within each category, visit the Well-Being in Action page on Connect.



Finding Tranquil Moments

Examples:

- Journaling for reflection
- Daily prayer
- Practicing mindfulness



Increasing Physical Activity

Examples:

- Go for a walk
- Plant a garden
- Go to the gym with a friend
































































































Building Healthy Relationships & Connectivity

Examples:

- Call a relative
- Say 'hi' to someone new
- Volunteer

Mental Health Tracker

Mark off the objective you practiced on the tracker below for each day. Submit your tracker to wellbeing@texaschildrens.org to be entered into a drawing for a prize.

May 1				May 17			
May 2				May 18			
May 3				May 19			
May 4				May 20			
May 5				May 21			
May 6				May 22			
May 7				May 23			
May 8				May 24			
May 9				May 25			
May 10				May 26			
May 11				May 27			
May 12				May 28			
May 13				May 29			
May 14				May 30			
May 15				May 31			
May 16				You did it! Keep it up and continue these actions through the rest of the year.			