

# DAILY WELLNESS IDEAS FOR TEEN MENTAL HEALTH

How will you play today? Use the chart to keep track and find a favorite.

Joy Journal	Yoga	Swing
Daily Reflections	Meditation	Climb a Tree
Take a Shower	Daily Affirmation	Be Silly
Read	Pray	Laugh
Draw	Chat with Friends	Play an
Write a Story	Strength Train	Instrument
Create Artwork	Play a Game	Sing
Take a Nap	Connect to Passion	Listen to Music
Run	TikTok Dance	Get Inspired
Walk	Jump Rope	Eat an Apple
Workout	Drink Water	Eat Protein
Watch a Show	Explore an Interest	Have Space to Talk







# Identifying Triggers

Being able to identify our triggers and make a plan for moving through the emotions that come up is key to avoid getting stuck spinning on a merry-go-round with no way out.

Use the worksheet below to help you identify triggers, the circumstances around them, the emotions that come up, support that you need, and techniques to help you get off the merry-go-round.

Name the Trigger?	
What Happened?	
How Did You Feel?	
What Helped?	
Plan for Next Time	