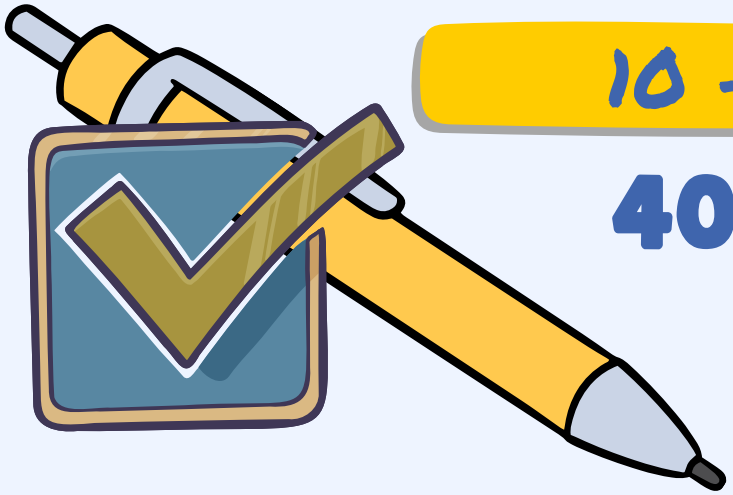
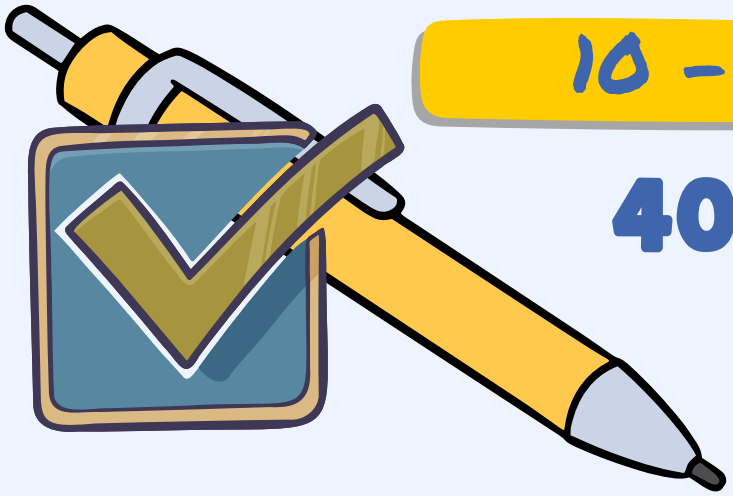


10 - Body Boost

40 Mental Health Energizers

A quick burst of movement to wake up your body and lift your mood. From stretching and dancing to walking or deep breathing, these small actions get your blood flowing, release tension, and remind you how good it feels to move.

1. 5-Minute Power Walk (indoors or outdoors)
2. Stretch Series: Neck, shoulders, spine, legs
3. Dance Party for One (1-2 songs you love)
4. Wall Push-ups or Desk Squats (set a timer for 2-3 mins)
5. Jump Rope (or pretend rope for 3-5 mins)
6. 10-10-10: 10 jumping jacks, 10 squats, 10 deep breaths
7. Yoga Flow (Sun Salutation or Chair Yoga)
8. Shake It Off: Literally shake your arms, legs, head, and whole body for 1-2 mins
9. Balance Challenge: Stand on one leg for 1 min, then switch
10. Tension Release: Tense every muscle for 5 seconds, then release—repeat x3

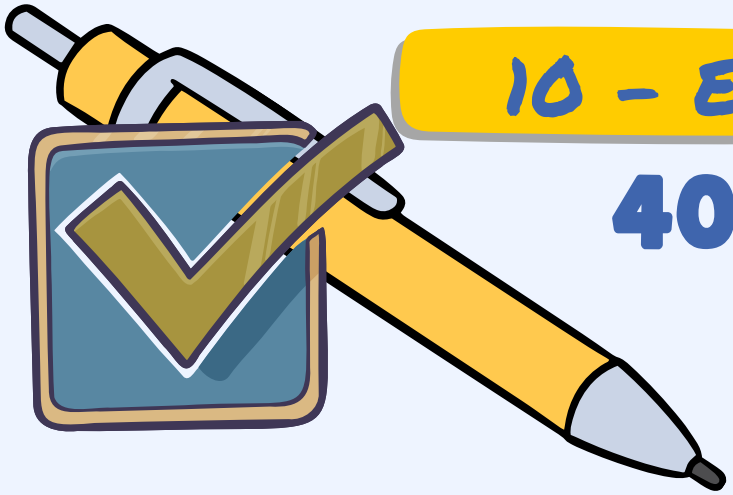


10 - Brain Break

40 Mental Health Energizers

A quick reset to clear the clutter and refresh your focus. Whether it's a short mindfulness pause, a fun puzzle, or a laugh break, these moments give your brain space to recharge so you can return sharper, calmer, and more creative.

1. 2-Minute Mindfulness (focus on your breath only)
2. Puzzle Time: Mini crossword, Sudoku, or Wordle
3. "What If" Game: Ask yourself 3 fun or creative what-if questions
4. Gratitude Bomb: List 5 things you're grateful for in 3 minutes
5. Listen to a Song That Fires You Up
6. Do a Guided Visualization (beach, mountain, forest walk)
7. Power Nap (15-20 mins max)
8. Stare at the Sky (window or outside) and breathe deeply
9. Digital Detox: 5 mins no phone, no screen, just stillness
10. Laugh Break: Watch a funny clip or meme reel

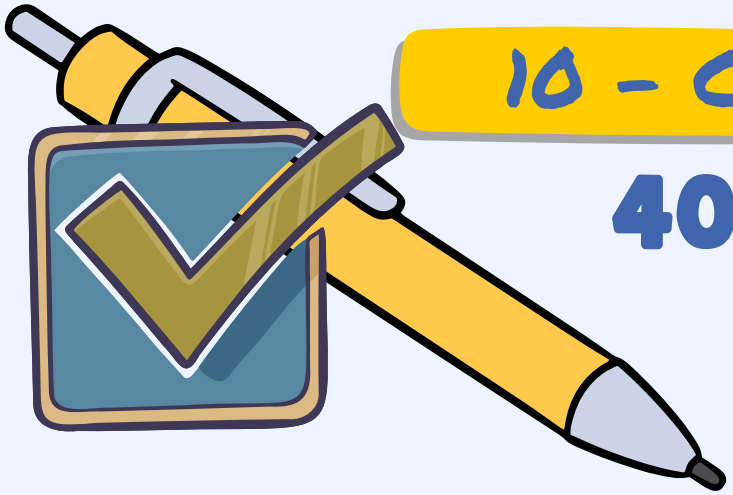


10 - Emotional Fuel

40 Mental Health Energizers

A quick recharge for your heart and mind. These simple actions—like sharing a compliment, setting a mini goal, or reflecting on a happy memory—help refill your emotional tank with positivity, gratitude, and self-love. Small moments that power big feelings.

1. Compliment Call or Text (send a genuine compliment)
2. Read a Page from an Uplifting Book
3. High-Five Yourself in the Mirror (literally)
4. Set a Mini Goal for the Hour and Crush It
5. Read or Say a Positive Affirmation
6. Draw a smiley face or doodle for 5 minutes
7. Look at a favorite photo or memory and reflect on it
8. Hydrate + Snack Mindfully (fruits, nuts, dark chocolate)
9. Write a Sticky Note to Future You ("You're doing great!")
10. Celebrate a Small Win (write it down and fist pump)



10 - Creative Sparks

40 Mental Health Energizers

A burst of positivity designed to lift your mood and re-energize your mind. Each quick activity—whether it's sending a compliment, drawing a doodle, or celebrating a small win—helps spark joy, creativity, and self-connection. Small actions, big impact.

1. Compliment Call or Text (send a genuine compliment)
2. Read a Page from an Uplifting Book
3. High-Five Yourself in the Mirror (literally)
4. Set a Mini Goal for the Hour and Crush It
5. Read or Say a Positive Affirmation
6. Draw a smiley face or doodle for 5 minutes
7. Look at a favorite photo or memory and reflect on it
8. Hydrate + Snack Mindfully (fruits, nuts, dark chocolate)
9. Write a Sticky Note to Future You ("You're doing great!")
10. Celebrate a Small Win (write it down and fist pump)