

# Entrepreneurship & Mental Health Strategies



## Emotional Tips

- Write in a journal
- Listen to your favorite song or playlist
- Take a shower or bath
- Talk to a good friend
- Watch your favorite TV show
- Meditate
- Do some deep breathing exercises
- Let yourself cry
- Let yourself feel your feelings
- Make a list of your favorite things
- Close your eyes and picture your favorite place
- Watch or listen to something that makes you laugh
- Take a brain break
- Snuggle a pet
- Get outside in nature
- Draw, paint, or doodle
- Look at pictures of people you love
- Diffuse your favorite scent

## Need quick help?

- Have you had any water?
- Have you eaten fresh, whole food?
- Have you been outside?
- Have you moved your body?
- Have you talked to someone you love?

## Social Tips

- Spend time with family or friends
- Play with kids or animals
- Play a game
- Contact someone who matters to you
- Invite someone over
- Serve someone
- Connect with a community
- Write down your feelings and thoughts

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## Spiritual Tips

- Pause and allow space for reflection
- Find a spiritual community
- Allow yourself to feel optimism and hope
- Meditate
- Pray
- Sing
- Contribute to an organization that matters to you

## Mental Tips

- Read (or listen to) a good book
- Study something interesting to you
- List 10 things you're grateful for
- Help someone learn something
- Write a story or poem
- Write a thank you note
- Make a priority list
- Set goals
- Go to a museum
- Attend an event you enjoy

## Physical Tips

- Drink water
- Eat healthy food
- Eat consistently
- Check your sleep habits
- Go through a healthy hygiene routine
- Wear your favorite clothes
- Move your body in a way that makes you feel good
- Take your meds
- Dance with your kids
- Get outside and go for a walk
- Do physical labor
- Do yoga, pilates, or stretching
- Sway back and forth
- Apply lotion to your body
- Stick to your routine
- Show physical affection in an appropriate way