

TCOOMH

TAKING CARE OF OUR MENTAL HEALTH

7-DAY MENTAL WELLNESS GUIDE

Small Steps. A Healthier You.

Support • Empower • Thrive

Mental health or emotional crisis, call or text 988 to connect with the Suicide & Crisis Lifeline. If you are experiencing a life-threatening emergency, please call 911.

WELCOME

Taking care of your mental health is not selfish—it is an important part of taking care of yourself and the people around you. You do not have to change everything at once. Sometimes meaningful wellness begins with one small step: taking a breath, setting a boundary, getting enough rest, talking to someone you trust, or simply giving yourself permission to slow down.

This 7-Day Mental Wellness Guide is designed to help you intentionally check in with yourself and practice simple strategies that support your mental, emotional, physical, social, and spiritual well-being.

Progress does not have to be perfect. Small steps can lead to meaningful change.

TCOOMH • Healing is Strength in Motion.

DAY 1

Today's Focus: Awareness

Before you can take care of yourself, you have to pause long enough to notice how you are actually doing.

Today's Wellness Practice

Take five quiet minutes without your phone or other distractions.

Ask yourself: **How am I feeling emotionally? What has been weighing on my mind? What is going well? What do I need more or less of right now?**

Complete this sentence: "Today, I am feeling _____ because _____."

Do not judge the feeling. Simply acknowledge it.

Reflection

What is one thing my mind, body, or spirit may be trying to tell me?

Today's Affirmation

I give myself permission to acknowledge how I feel without judgment.

DAY 2

Today's Focus: Stress Management

Stress is a normal part of life, but carrying stress without taking time to reset can affect our emotional and physical well-being.

Today's Wellness Practice

Try 4-4 breathing: breathe in slowly for 4 seconds, hold for 4 seconds, exhale slowly for 4 seconds. Repeat 4 times.

As you breathe, allow your shoulders to relax. Then say: **"I can pause. I can breathe. I can begin again."**

Quick Stress Check

Right now, my stress level is: 1 2 3 4 5 6 7 8 9 10

Reflection

What situations or responsibilities tend to increase my stress? What is one healthy way I can respond?

Today's Affirmation

I do not have to solve everything today. I can take one step at a time.

DAY 3

Today's Focus: Rest & Restoration

Rest is not a reward for finishing everything on your list. Your mind and body need rest in order to function well.

Today's Wellness Practice

Choose one form of intentional rest today:

- Take a short nap ■ Go to bed earlier
- Sit quietly without your phone ■ Take a peaceful walk
- Listen to calming music ■ Read
- Pray or meditate ■ Spend time in nature

Tonight, I will try to begin winding down at: _____

Reflection

What makes it difficult for me to rest? What is one boundary I can create around my time and energy?

Today's Affirmation

Rest is not weakness. Rest helps restore me.

DAY 4

Today's Focus: Connection & Support

We were not created to navigate everything alone. Healthy relationships can provide encouragement, accountability, comfort, and a sense of belonging.

Today's Wellness Practice

Reach out to someone who makes you feel supported. Send a text, make a phone call, schedule a conversation, or simply sit with someone.

You can say: **"I was thinking about you. How are you doing?"**

My Support Circle

Three people I can reach out to: 1) _____ 2) _____ 3) _____

A community or organization that supports me:

Reflection

Do I tend to ask for help when I need it? What makes asking for support difficult?

Today's Affirmation

I deserve healthy relationships and supportive connections. I do not have to face everything alone.

DAY 5

Today's Focus: Physical & Mental Wellness

Your physical and mental health are connected. Movement does not have to mean an intense workout. The goal today is simply to move.

Today's Wellness Practice

- 10-minute walk ■ Stretching
- Dancing ■ Yoga
- Light exercise ■ Household activity
- Gardening ■ Another activity: _____

Try to move for at least 10 minutes today. While moving, notice how your body feels.

Check In

Before movement, I feel:

After Movement

After movement, I feel:

Reflection

What type of movement do I actually enjoy? How can I make movement a regular part of my wellness routine?

Today's Affirmation

I honor my body by giving it movement, care, and attention.

DAY 6

Today's Focus: Boundaries & Emotional Wellness

You cannot control everything around you, but you can make intentional choices about what you allow into your emotional space. Boundaries are about recognizing your limits and communicating them respectfully.

Today's Wellness Practice

Identify one area where you need a healthier boundary: your time, availability, social media, work, family, relationships, helping others, or saying yes when you mean no.

Complete this sentence: **"One boundary I need to practice is _____."**

A respectful way I can communicate this boundary: "_____."

Reflection

What makes it difficult for me to set boundaries? What might change if I began protecting my time and emotional energy?

Today's Affirmation

It is okay to protect my peace, honor my limits, and say no when necessary.

DAY 7

Today's Focus: Growth & Intention

You made it through seven days of intentional wellness. Today is not about being perfect. It is about recognizing what you have learned about yourself and deciding what you want to carry forward.

Look Back

The wellness practice that helped me most was: _____

Something I learned about myself this week: _____

One area of my life that needs more attention: _____

One thing I am proud of myself for: _____

My Wellness Commitment

For the next 30 days, I will commit to:

My Personal Wellness Statement

Complete: "I will take care of my mental wellness by..."

Today's Affirmation

I am worthy of care, rest, support, healing, and growth. I will continue taking small steps toward a healthier me.

MY WELLNESS PLAN

Create a personal plan you can return to whenever you need a reset.

When I am stressed, I can:

When I need support, I can contact:

Activities that help me recharge:

People who encourage me:

Places where I feel safe and supported:

Healthy habits I want to continue:

MY 7-DAY WELLNESS CHECK-IN

Area	Day 1	Day 7
My mood		
My stress level		
My energy		

My sleep		
My sense of connection		
My overall wellness		

One change I noticed:

One habit I want to continue:

A FINAL REMINDER

Mental wellness is a journey, not a destination.

There may be days when you feel strong and days when you struggle. Both are part of being human.

Give yourself permission to ask for help.

Give yourself permission to rest.

Give yourself permission to begin again.

You matter. Your mental health matters. Your wellness matters.

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IMPORTANT RESOURCE NOTE

This guide is intended for education, self-reflection, and general wellness purposes. It is not intended to diagnose, treat, or replace professional mental health or medical care. If you are experiencing persistent emotional distress, significant changes in your mood or behavior, or difficulty functioning in your daily life, consider speaking with a qualified mental health professional or healthcare provider.

If you are experiencing an immediate mental health crisis or believe you may be in danger, contact emergency services or a crisis resource in your area.