

# Fun Mental Health Activities Worksheet

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Activity 1: Gratitude Journaling

Take a few minutes each day to write down three things you are grateful for. It could be as simple as a sunny day or a kind gesture from a friend. Reflect on these moments of gratitude and how they make you feel.

- 1.
- 2.
- 3.

## Activity 2: Creative Expression

Engage in a creative activity that brings you joy. It could be drawing, painting, crafting, or even writing a short poem. Use this outlet to express your emotions and let your creativity flow.

## Activity 3: Mindful Breathing

Practice deep breathing exercises to center yourself and reduce stress. Find a quiet space, close your eyes, and take slow, deep breaths. Inhale for a count of 4, hold for 4, exhale for 4. Repeat for 5 minutes.

## Activity 4: Positive Affirmations

Write down three positive affirmations about yourself. Repeat these affirmations daily to boost your self-esteem and cultivate a positive self-image.

1. I am \_\_\_\_\_
2. I possess \_\_\_\_\_
3. I can \_\_\_\_\_

### **Activity 5: Social Connection**

Reach out to a friend or family member you haven't spoken to in a while. Arrange a coffee chat, video call, or meet-up to strengthen your social connections.

### **Activity 6: Mindful Walk**

Go for a walk in nature or a peaceful environment. Pay attention to your surroundings – the sights, sounds, and sensations. Practice being present in the moment.

### **Activity 7: Relaxation Exercise**

Find a comfortable spot and listen to a guided relaxation audio. Let go of tension in your body and allow yourself to fully relax.

### **Activity 8: Random Acts of Kindness**

Perform a small act of kindness for someone else. It could be holding the door, leaving a kind note, or offering a genuine compliment. Notice how this makes both you and the recipient feel.

### **Activity 9: Setting Personal Goals**

Write down one short-term and one long-term goal related to your well-being. Break down the steps needed to achieve these goals.

Short-term Goal:

Long-term Goal:

**Activity 10: Self-Care Ritual**

Design a self-care ritual that you can do regularly. It could involve reading, taking a bubble bath, practicing yoga, or any activity that helps you relax and recharge.