



# Feel-Good Friday

**What can you do in 15 minutes to help your mental health today?**

- Call a friend to share a happy memory
- Journal anything that's on your mind
- Diaphragmatic breathing (belly breaths)
- Use five senses to gain awareness of the present moment
- Walk outside and observe nature
- Participate in a relaxing guided imagery
- Progressive muscle relaxation
- Focus on gratitude
- Smile a relaxed smile and notice how your mood brightens

# 15-Minute Wellness Challenge

\*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)