

MENTAL HEALTH ENERGY ACTIVITY GUIDE

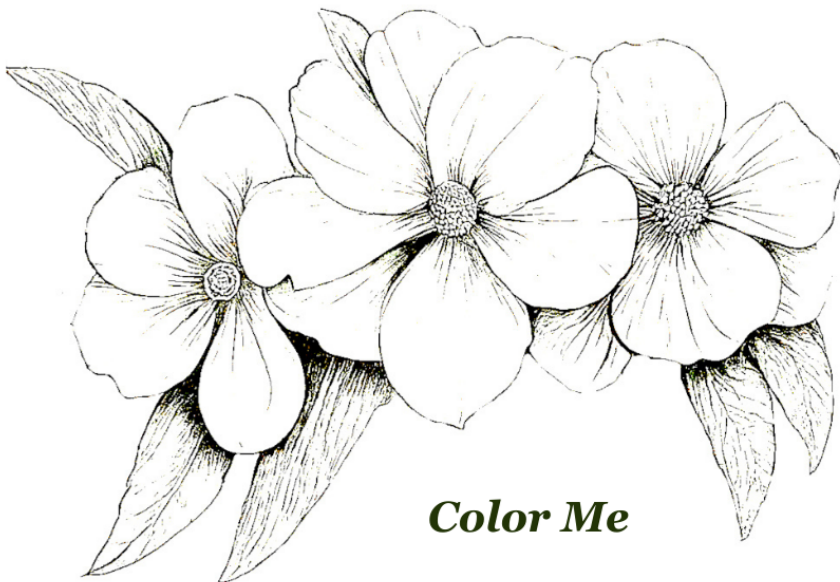


*“There’s no
health without
mental health.”*

~World Health
Organization (2013)

Use the activities in this guide to support your mental health.

- Get ideas for connecting with Nature.
- Track your energy drainers.
- Track your energy supporters.
- Discover what works for you.
- Use essential oils to provide support.



Color Me

Inhale



**Today my
mental health
is my
priority.**

If you are struggling or in crisis,
help is available.
Call or text **988** or chat at
988lifeline.org.



Exhale

MENTAL HEALTH ENERGY ACTIVITY GUIDE

A Daily Connect with Nature

Take a few minutes each day for ONE of these activities.

Making simple connections with Nature can have extraordinary effects on well-being.

Place a check next to the activities you enjoy.



- Make a flower chain and offer it to Nature.
- Create a small rock tower in a local park.
- Rest your hand on the trunk of a tree.
- Watch a bee as it flits from flower to flower.
- Walk barefoot on the earth.
- Close your eyes and listen to the outdoors.
- Eat a snack outside while unplugged.
- Smell the flowers in your local grocer's floral department.
- Watch the clouds.
- Pick up a stone and study it.
- Lie down in the grass.
- Watch the sun set.
- Observe the night sky.
- Greet the rising sun.

Inhale

**I believe in the
power of my
potential.**

Exhale

MENTAL HEALTH ENERGY ACTIVITY GUIDE



Energy Audit: Tracking My Energy Drainers

| Activity | 0 = No Drain | 1 = Low Drain | 2 = Mid Drain | 3 = High Drain |
|------------------------|--------------|---------------|---------------|----------------|
| Social media scrolling | | | | |
| Excessive screentime | | | | |
| Negative news overload | | | | |
| Cluttered space | | | | |
| Saying "Yes" too often | | | | |
| Skipping meals | | | | |
| Toxic relationships | | | | |
| Grocery shopping | | | | |
| | | | | |
| | | | | |



**Kindness
is my
super power.**



MENTAL HEALTH ENERGY ACTIVITY GUIDE



Energy Audit: Tracking My Energy Supporters

| Activity | 0 = No Support | 1 = Low Support | 2 = Mid Support | 3 = High Support |
|----------------------------|----------------|-----------------|-----------------|------------------|
| Mindful movement | | | | |
| Spending time in Nature | | | | |
| Connecting with loved ones | | | | |
| Practicing gratitude | | | | |
| Engaging in hobbies | | | | |
| Listening to music | | | | |
| Laughing | | | | |
| Using essential oils | | | | |
| | | | | |
| | | | | |



I am
perfectly
imperfect.



MENTAL HEALTH ENERGY ACTIVITY GUIDE

Find Support with Essential Oils

Incorporating supportive essential oils into daily life can help with emotional healing, racing thoughts, and cyclic thinking. They can support restful sleep and positive energy.



Honey Dewdrop Diffuser Blend

- 3 drops Grapefruit (*Citrus x paradisi*)
- 2 drops Coriander (*Coriandrum sativum*)
- 2 drops Atlas Cedarwood (*Cedrus atlas*)
- 1 drop *Helichrysum italicum*

Grapefruit: Uplifting, tension reducing, promotes positive outward energy, cleansing

Coriander: Supports mental clarity, calming, stress reducing, promotes feelings of security

Atlas Cedarwood: Protective, supportive, centering, anchoring

Helichrysum: Balancing, nurturing, energetically healing, "honey for the psyche"



Tranquil Retreat Roll-on

- 10ml Roller bottle
- 2 drops Lavender (*Lavandula angustifolia*)
- 2 drops Frankincense (*Boswellia carteri*)
- 1 drop Roman Chamomile (*Chamaemelum nobile*)
- Jojoba oil/wax (*Simmondsia chinensis*)

Use at bedtime and during nighttime waking. Apply to pulse points and massage into back of neck. Roll over palms, rub hands together, then cup over nose and inhale slowly, several times.

Lavender: Calming, energetically cleansing, nurturing, supportive

Frankincense: Emotionally healing, balancing, supports tranquility, quiets mind

Roman Chamomile: Calming, soothing, harmonizing, eases rumination

Inhale

Today I am
embracing
self-care.

Exhale