

# Mental Health

## Self Care

### for when you feel down

Mental health is not only as important as physical health...mental health **is** physical health. Taking care of your brain and your mind is a critical part of caring for your overall health.

The designs on the following pages are not only colorful & framable pieces of art, but they are filled with ideas to help you when you're feeling down or sad. There are two color options...choose the one you like best and print it out and hang it on your bathroom mirror, tuck it in your bedside drawer, or tack it above your desk to inspire you on the days you feel down.

**Fun idea: gather some self-care items for a friend and tuck in this print for a lovely self-care themed gift.**

A little note: obviously, the things on these prints are not meant to be all-inclusive and are not offered as a "cure" in any way. There are *many* factors that affect mental health, some of which are not within the realm of your control, especially for those with diagnosed mental health conditions. The things on these prints are simply meant to act as a starting point to get you thinking about your mental health and give you ideas to help you take some actionable steps, things that *are* within your control, to help improve your overall mental & physical health.

**Challenge yourself to do even just one thing today to care for your mental health.**



#### Usage guidelines for Little House Studio Printables:

To enjoy your printable, simply print on your home printer or at your local print center, such as FedEx Office or Office Max. Recommended for cardstock or similar paper, but can be printed on regular printer paper as well. This printable is intended for personal use only. Print for yourself or as a gift. Please do not use the artwork in any other way than it's original intent. You may print as many copies of the printable as you wish, but please do not forward or share the PDF file, redistribute and/or sell the print, use the print as part of a product for sale, or use the artwork to create canvases or posters (if you'd like a high-resolution image for this type of purpose, please email me at [jennifer@littlehousestudio.net](mailto:jennifer@littlehousestudio.net) and I'll give you the details on purchasing that kind of file). Also, please do not separate the artwork and use it as part of any other piece, printed or digital. If you'd like to share the file, please link back to the page on [littlehousestudio.net](http://littlehousestudio.net) where you first found the file. Thank you so much for being kind in your use of these printables!

MAKE A  
*gratitude*  
LIST



GO FOR A  
*walk*



*be kind*  
TO YOURSELF



TAKE A  
*nap*  
*zzz*

*self-care*  
WHEN YOU FEEL  
*down*



*talk*  
TO A FRIEND



*meditate*  
ON THE TRUTH:

*write*  
POSITIVE  
AFFIRMATIONS



God's Promise: I will be with you always. (Matt. 28:20)

MAKE A  
*gratitude*  
LIST



GO FOR A  
*walk*



*be kind*  
TO YOURSELF



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