Your Mental Health Plan 2025

Personalized Plan for:

example@email.com

Contact Information

Email:

example@email.com

Age:

25

Self-Awareness

Mental State (1-10):

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Current Feelings:

Feeling optimistic and motivated

Main Stressors:

Work deadlines, financial pressures

Mood Boosters:

Spending time with friends, listening to music

Mental Health Goals

Exercise regularly, practice mindfulness, reduce screen time

Daily Practices

Habits:

Gratitude journaling, 10-minute meditation

Social Media Limit:

7 hours

Managing Stress and Triggers

Stress Response: Take deep breaths, short walk

Calm Down Plan: Listen to calming music

Support Contacts: Friends and therapist

Affirmations

I am capable. I am resilient. I am worthy of love and care.