

Your Mental Health Plan 2025

Personalized Plan for:

Contact Information

Email:

Age:

Self-Awareness

Mental State (1-10):

Current Feelings:

Main Stressors:

Mood Boosters:

Mental Health Goals

Daily Practices

Habits:

Gratitude journaling, 10-minute meditation

Social Media Limit:

30 minutes

Sleep Hours:

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.