



SEVEN SMALL EXPERIMENTS

7 Days for Your Mental Health

What helps you feel more like yourself?

There isn't one answer that works for everyone. Sleep, movement, connection, giving, gratitude and taking time for yourself can all support your well-being.

1 in 7

Nearly 1 in 7 people around the world live with a mental disorder. That's more than 1 billion people.

Source: World Health Organization, 2026

THE 7-DAY PRACTICE

BREATHE → MOVE → CHECK IN → NOTICE → CONNECT → GIVE → CHOOSE YOU

DAY 1		BREATHE Before reaching for your phone in the morning, take 10 slow breaths.	HOW DO YOU FEEL?     
DAY 2		MOVE Put on one song you love and move. Dance, walk, stretch. Whatever feels good.	HOW DO YOU FEEL?     
DAY 3		CHECK IN Stop for two minutes. How does your body feel? What are you feeling emotionally? What's taking up space in your mind?	HOW DO YOU FEEL?     
DAY 4		NOTICE THE GOOD Write down three things you genuinely appreciate about being alive today.	HOW DO YOU FEEL?     
DAY 5		CONNECT Reach out to someone who makes you feel good. Call, text, meet for coffee or simply say, "Thinking of you."	HOW DO YOU FEEL?     
DAY 6		GIVE Do one small thing for another person, an animal or the planet. Then notice how you feel afterward.	HOW DO YOU FEEL?     
DAY 7		CHOOSE YOU Give yourself an hour to do something that restores you. No productivity required.	HOW DO YOU FEEL?     

AFTER 7 DAYS

What worked for you?

Which practice helped you feel the best?

Which one could become part of your life?

**Your mental health isn't something you think about once a year.
It's something you can support in small ways every day.**