Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

**Mental Hygiene Do**

Exercise

Sleep

Consistent Daily Routine

Positive Social Contact

Healthy Nutrition

Music & Movement

Bright Light

Avoid Alcohol/Drugs

Limit Screen Time

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Do**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

**Mental Hygiene Don’t**

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar

Self-Isolate

Listen to Dreary Music

Read Mood-Lowering Literature or Poetry

Hang Out in Dark Rooms

Skip Breakfast

Use Excessive Caffeine

or Sugar