

# 8 Anchors

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## TO SUPPORT MENTAL HEALTH

GOOD  
NUTRITION

PHYSICAL  
ACTIVITY

GOOD  
SLEEP

KINDNESS

SELF  
REGULATION

SOCIAL  
INTERACTION

STRESS  
RELIEF

SPIRITUALITY



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3 Tips To Build & Strengthen  
**GOOD NUTRITION**

**EAT THE RAINBOW  
(COLORFUL FRUITS & VEGGIES)**

**DRINK PLENTY OF H<sub>2</sub>O  
(1/2 YOUR BODY WEIGHT IN OZ)**

**BALANCE YOUR PLATE  
(1/2 FRUITS & VEGGIES, 1/4  
PROTEIN, 1/4 GRAINS)**



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3 Tips To Build & Strengthen

# PHYSICAL ACTIVITY

TAKE A 30 MIN WALK

DO A FEW CHORES  
(SWEEP, MOP, VACCUM, ETC.)

GET ACTIVE WITH SOMEONE ELSE  
(TEAM SPORT, BIKE BUDDY, WALK & TALK)



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3 Tips To Build & Strengthen  
**GOOD SLEEP**

**TURN YOUR DEVICE OFF  
(1 HOUR BEFORE BED)**

**SET A BEDTIME ROUTINE  
(GET A CUP OF WATER, TAKE A BATH,  
READ FOR 15 MINS)**

**AVOID CAFFEINE & FATTY FOODS**



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3 Tips To Build & Strengthen

# KINDNESS

SMILE & SAY HELLO  
TO SOMEONE NEW

GIVE GENUINE COMPLIMENTS  
(TELL PEOPLE WHAT YOU LIKE ABOUT THEM)

PRACTICE GRATITUDE  
(WRITE DOWN 3 THINGS  
YOU'RE GRATEFUL FOR EACH DAY)



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3 Tips To Build & Strengthen  
**SELF REGULATION**

**NAME YOUR FEELINGS  
THEN DECIDE WHAT YOU'LL DO WITH THEM**

**TAKE A FREE CHARACTER STRENGTHS TEST**

**PRACTICE USING A "YES" BRAIN  
USE A GROWTH MINDSET VS. FIXED MINDSET**



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3 Tips To Build & Strengthen

# SOCIAL INTERACTION

**CHECK IN WITH FAMILY OR FRIENDS  
(FACE TO FACE, CALL, OR TEXT)**

**PRACTICE ACTIVE LISTENING  
(PHONE DOWN, EYE CONTACT, LISTEN TO  
UNDERSTAND NOT TO RESPOND)**

**LOOK FOR STRENGTHS IN OTHERS  
(TEAMWORK MAKES THE DREAM WORK)**



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3 Tips To Build & Strengthen  
**STRESS RELIEF**

**DO SOMETHING THAT FEELS GOOD  
(READ A BOOK, CREATE, DANCE TO YOUR  
FAVORITE MUSIC)**

**ENGAGE YOUR SENSES  
(SEE, HEAR, SMELL, TOUCH, TASTE)**

**PRACTICE RELAXATION  
(BREATHING & STRETCHING)**



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3 Tips To Build & Strengthen  
**SPIRITUALITY**

**CONNECT WITH A SPIRITUAL  
OR RELIGIOUS COMMUNITY**

**SPEND TIME OUTSIDE**

**MAKE TIME FOR SPIRITUAL PRACTICES  
(PRAYER, MEDITATION, JOURNALING, OR  
VOLUNTEERING)**



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