



# FAMILY HABITS

FOR MENTAL HEALTH AND WELLNESS

→ IN THIS FAMILY, WE ←

- Normalize talking openly about our struggles
- Practice active listening and value honest conversation
- Combat negativity with gratitude
- Share the best and worst parts of our day with each other
- Craft intentional unplugged time together without screens
- Commit to holistic wellness: walk, journal, pray, sleep

✦ "FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU, YES, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND." - ISAIAH 41:10



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