

# Mental Health *Rachel's* MENU

## Appetizers: Set Up the Day

<b>Morning Walk</b>	<b>10 MIN</b>
Typically to the coffee shop	
<b>Morning stretch!</b>	<b>15 MIN</b>
Roll out the yoga mat, or let the rug be good enough.	
<b>NYTimes Connection Game</b>	<b>20 MIN</b>
Solve the connections puzzle and share it in a group with my friends.	
<b>Walk with My Friend!</b>	<b>30 MIN</b>
Sometimes in the neighborhood, sometimes in the park!	

## Main Courses: Invest in You

<b>Talk-Therapy</b>	<b>1 HR</b>
My girl Dr. Kelly is always there for me!	
<b>Pickup With Friends</b>	<b>2 HR</b>
Always feels good to get out and run in an easy going environment!	
<b>Meal Paired with Activity!</b>	<b>4 HR</b>
Eating with friends always nurtures the soul, paired with a movie and it's even more delightful.	
<b>Bike Ride to the Beach</b>	<b>FULL DAY</b>
Weather dependent, but always worthwhile to get out for a long ride and then a beach day.	
<b>Unwind Thoughtfully</b>	<b>OVERNIGHTER</b>
Cook a meal, read a book, and light a candle.	



## Desserts: Treat Yourself!

<b>Cup of Tea</b>	<b>10 MIN</b>
Love me some jasmine tea and a nice sit on the couch.	
<b>Long Showers!</b>	<b>15 MIN</b>
Nothing like a hot soak to wind down.	
<b>Make a quick snack / meal</b>	<b>20 MIN</b>
Often I'm buying out; cooking myself is restorative.	
<b>Acupuncture!</b>	<b>30 MIN</b>
Love Bethel – great for my chronic hip nuisance.	

## Sides: Short & Sweet

<b>Meditation</b>	<b>5 MIN</b>
<b>Quick stretch</b>	<b>5 MIN</b>
<b>Highlights of the NWSL</b>	<b>5 MIN</b>
<b>Make my 4min oats</b>	<b>5 MIN</b>
<b>"Daily Deposit" gratitude note</b>	<b>5 MIN</b>
<b>Box breathing</b>	<b>5 MIN</b>
<b>Cold rinse!</b>	<b>5 MIN</b>