

**How to Achieve Perfect Mental Health (According to Literally Everyone Ever)**

🧘‍♀️ **Meditate!** Every single day. For at least 10 minutes. No, wait—20 minutes. Actually, an hour would be ideal. But don’t force it! Just *let go* of your thoughts… except when you need to *analyze* your thoughts. But also, don’t *overthink* them. Just be *mindful*!

📓 **Journal daily!** Write down your thoughts. But not *too* many thoughts—you don’t want to spiral. Keep a gratitude journal! But also, be honest about your struggles. But also, don’t dwell on negativity. But *process* your emotions. But also, *move on already*!

🚶‍♀️ **Go outside!** Nature heals everything. Breathe in the fresh air. Touch the grass. Stare at the sun—but not *too long* (retinas are important). Walk barefoot for “grounding.” But also, wear shoes with arch support.

🧠 **Therapy is a must!** Everyone should go. Unless you’re doing fine—then *you still need therapy* (because why are you avoiding it?). Find a therapist you trust! But if it’s expensive, try self-help books. But also, *don’t self-diagnose*! But also, *understand yourself*!

📱 **Limit screen time!** Social media is bad for your brain. But also, find an online support group. But also, don’t compare yourself to people online. But also, *follow inspirational accounts*!

🛌 **Rest!** Take breaks. Don’t overwork yourself. Say no. Set boundaries. But also, *push yourself*! Get out of your comfort zone! But also, don’t take on too much. But also, don’t get lazy.

🍷 **Self-care!** Have a bubble bath. Light a candle. Drink wine. NO, WAIT—don’t drink wine! That’s *self-medicating*! But also, relax. But also, be productive in your downtime. But also, don’t hustle too hard. But also... oh no, are you burnt out?!

🎉 **Final Tip:** Just be happy! But also, allow yourself to feel sad. But also, don’t let the sadness take over. But also, *everything happens for a reason*. But also, *your feelings are valid*. But also... oh forget it, just do *whatever works for you.*

Feeling overwhelmed yet?

*Balance & Bloom Health and Wellness can help.*

Are you feeling burnt out at work? Do you give all your “good energy” to your job, only to come home running on fumes—snapping at your family when all you really need is a nap and a snack?

Do you *try* to take a walk during lunch for a little midday reset, only to get pulled into yet another “urgent” meeting that somehow isn’t urgent at all? And now you’ve missed both your walk *and* lunch?

You wear a *lot* of hats—caretaker, employee, spouse, mother, Uber driver, family admin, boss, professional, leader, partner, homemaker, educator, artist, entrepreneur… *did I miss anything?* You are constantly switching between roles, adjusting, recalibrating, and making it all work.

But here’s the thing—**you are one whole person, not just a collection of roles.** And it’s time to learn how to balance *that* person.

Let’s talk about how you can reclaim your energy, create space for yourself, and find balance in a way that actually works for *your* life.

That’s where my **whole-person wellness program** comes in. We’ll focus on *your* personal goals, identify obstacles that might throw you off track, and create a plan to help you get back on course when life inevitably happens.

If you’re ready to take the next step toward feeling your best, start by asking yourself the questions below—then schedule a **free 60-minute consultation** with me to chat about your individual goals. Let’s make wellness work *for you*!

Questions to ask yourself:

1. What are the current stressors in my life?
2. What am I currently doing to help my mental health?
3. What have I done in the past to help my mental health?
4. Think back on what made you feel good this past year.
5. Am I a half-full or half-empty glass kind of gal?
6. Are there traumas I need to overcome that may hurt the positive progress of my mental health?
7. Do I have any environmental factors that could hurt my progress towards achieving my goal(s)?
8. What other barriers will I face that could hurt my progress?
9. What do I want out of my experience with a health and wellness coach?
10. What is my timeline for results?
11. Do I consider self-care a “nice to have” or essential for my life?

After you’ve thought about the questions above, schedule your free 60-minute consultation by going to [www.balanceandbloom.life](http://www.balanceandbloom.life) and clicking on “Schedule a consultation” on the homepage.