

Analysts' Mental Health Day





Send a text message to a friend
whom you find uplifting



Introvert, Intuitive, Thinking, Perceiving



Get engrossed in something
you're truly keen on



Listen to your old favourite
songs





Listen to classical music



Read a history book



Sit in silence with someone you
love



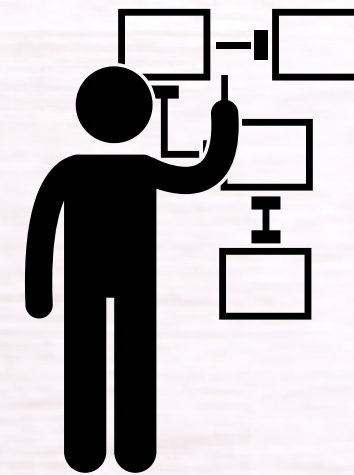
Introvert, Intuitive, Thinking, Judging



Architect's
Mental Health
Day



Learn a new skill that can help
you



Verify your goal list and
eliminate the goals that are no
longer compatible with what
you truly want. Update your
list.



Go out and explore the unknown
parts of your town/city



Extravert, Intuitive, Thinking, Judging





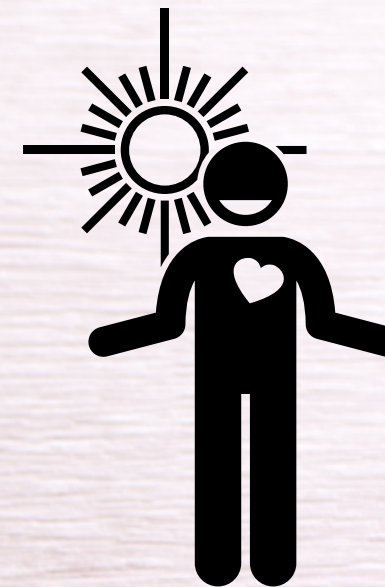
Find some time for your guilty pleasures (legal ones!) 😊



Extravert, Intuitive, Thinking, Perceiving



Explore something unknown - a new place or even a new situation



Spend some time with someone who is warm-hearted and empathetic



References:

How to Take a Mental Health Day for Your Personality Type. Retrieved from:
<https://www.16personalities.com/articles/how-to-take-a-mental-health-day-for-your-personality-type>

<https://www.psychologyjunkie.com/>

