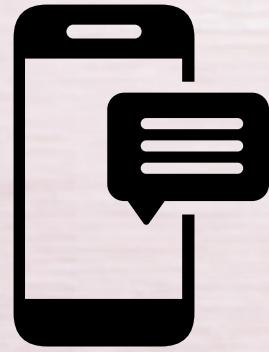


Analysts' Mental Health Day





Send a text message to a friend
whom you find uplifting



Get engrossed in something
you're truly keen on

Listen to your old favourite
songs



Introvert, Intuitive, Thinking, Perceiving



Listen to classical music



Introvert, Intuitive, Thinking, Judging

Read a history book



Sit in silence with someone you
love

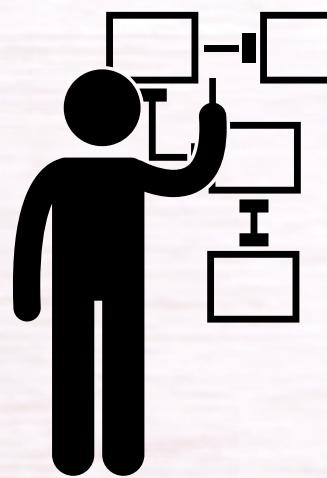




Learn a new skill that can help
you



Commander's
Mental Health
Day



Extravert, Intuitive, Thinking, Judging

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



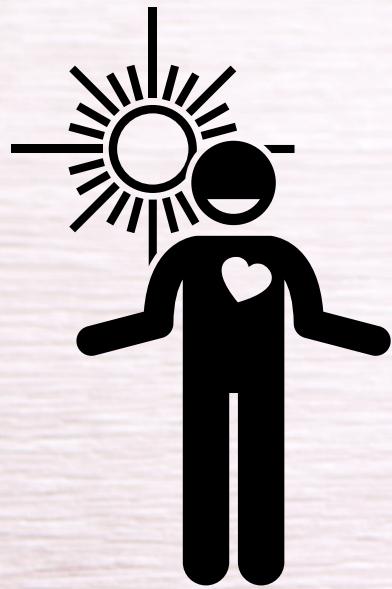
Find some time for your guilty
pleasures (legal ones!) ☺



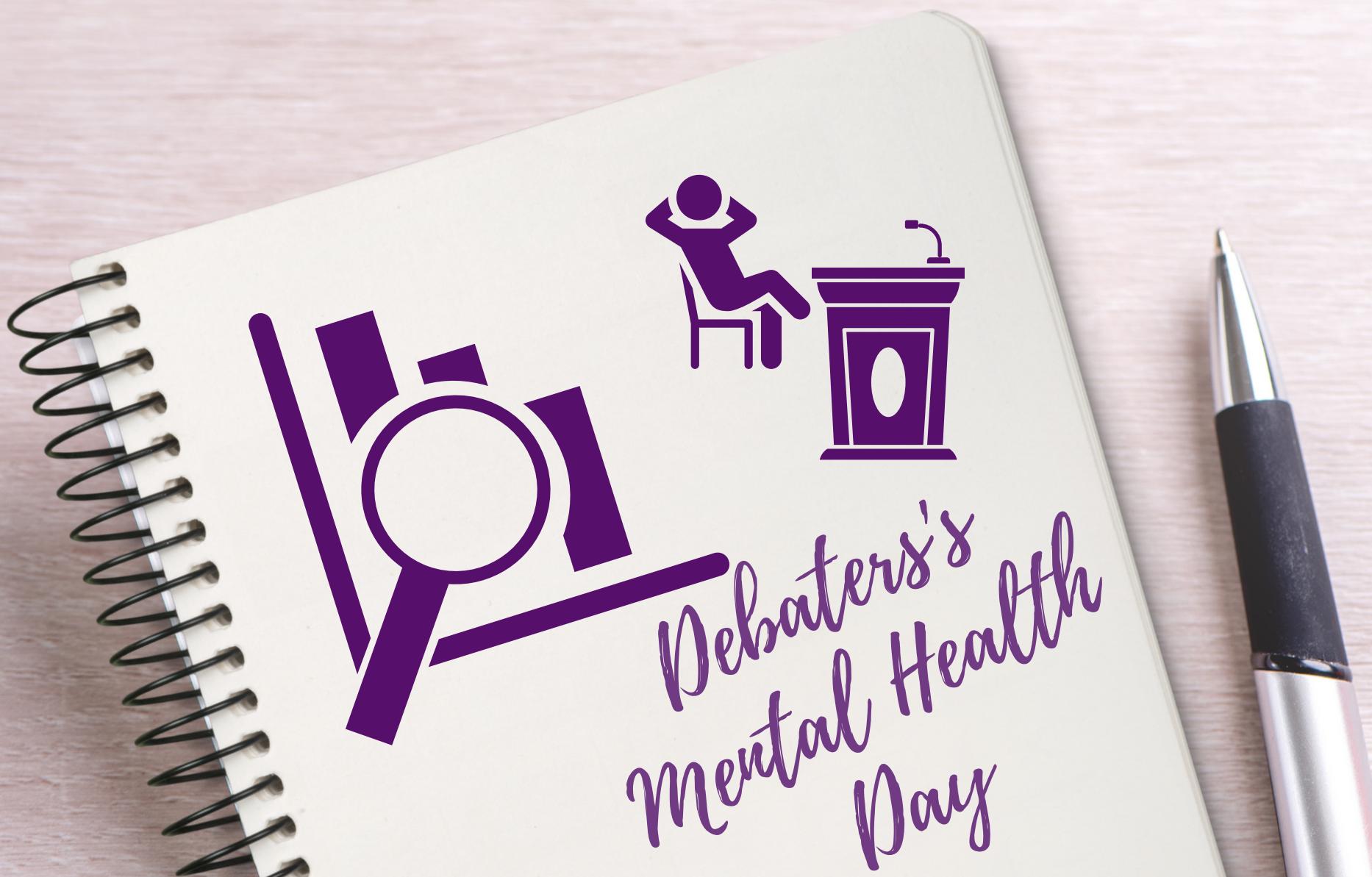
Extravert, Intuitive, Thinking, Perceiving



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/>

