

Diplomats' Mental Health Day



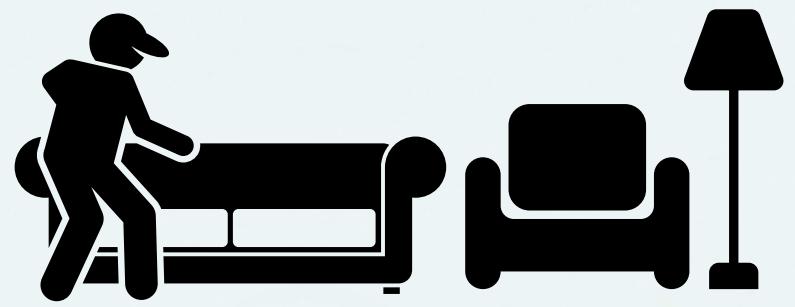
HOW TO DEAL WITH

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Extravert, Intuitive, Feeling, Judging



Change something in your room,
for example move around some
furniture



Spruce up



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

Protagonist's
Mental Health
Day

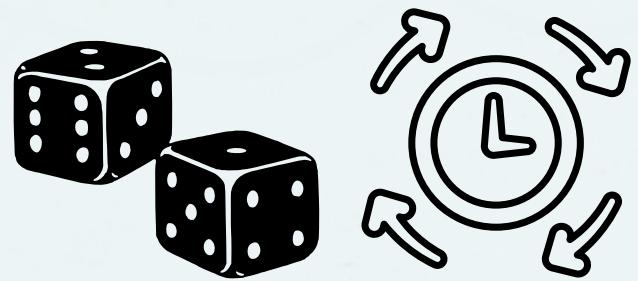




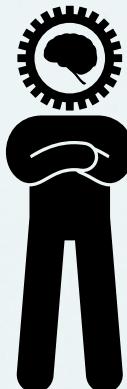
Introvert, Intuitive, Feeling, Judging



Spend some time in nature



Do something that includes repetition and routine (e.g. games, routine tasks at work)



Spend some time with someone who is relaxed when it comes to decision-making process

Advocate's
Mental Health
Day

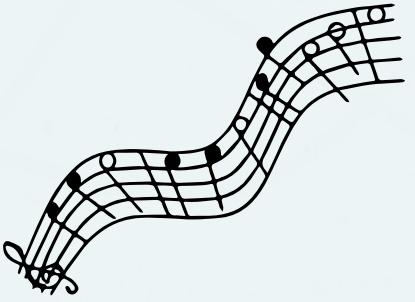




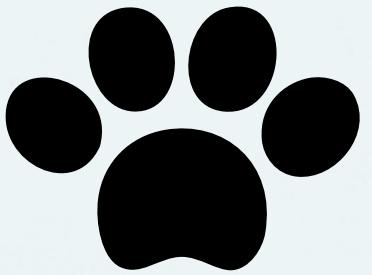
Introvert, Intuitive, Feeling, Perceiving



Read some mythical stories



Listen to your old favourite
songs and reminisce



Spend some time with a pet

Mediator's
Mental Health
Day



HOW TO DEAL WITH

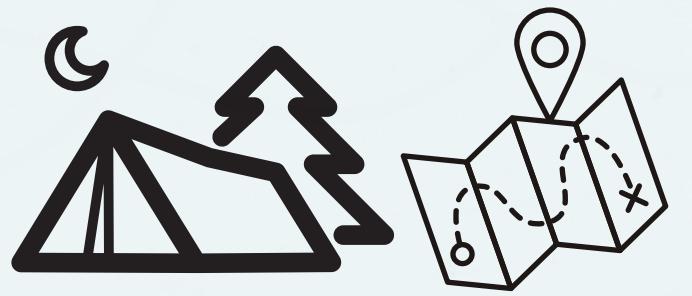
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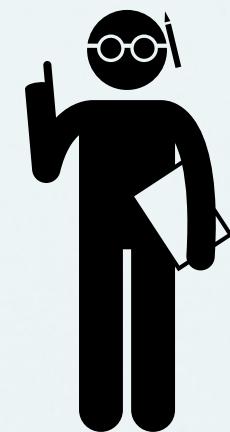
Extravert, Intuitive, Feeling, Perceiving



Go to a place which evokes fond memories



Go out and have fun outdoors



Spend some time with someone who is decisive and logical

Campaigner's Mental Health Day



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/>

