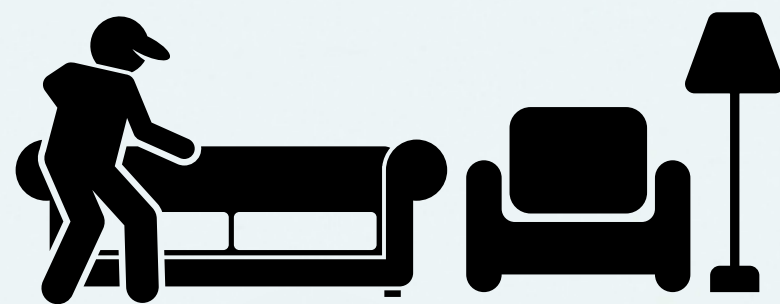


Diplomats' Mental Health Day





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

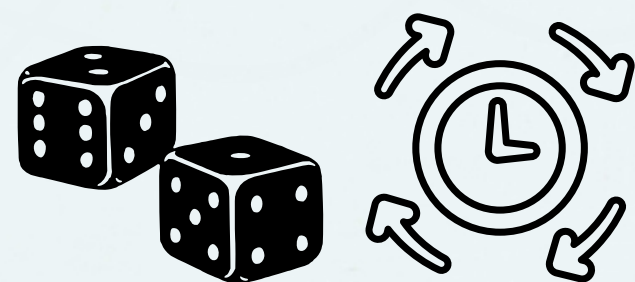




Introvert, Intuitive, Feeling, Judging



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

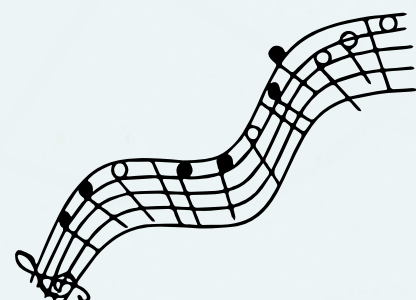




Introvert, Intuitive, Feeling, Perceiving



Read some mythical stories



Listen to your old favourite
songs and reminisce



Spend some time with a pet

Mediator's
Mental Health
Day

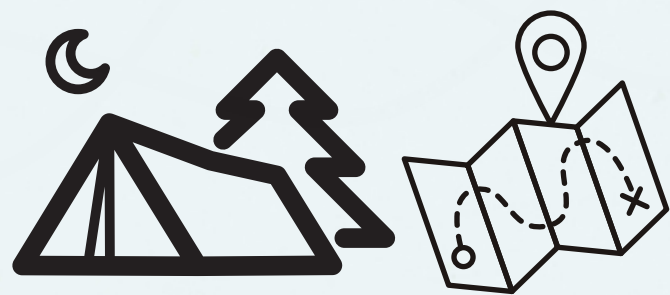




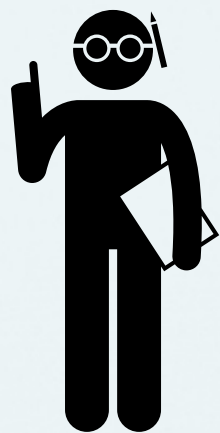
Extravert, Intuitive, Feeling, Perceiving



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:

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