

Explorers' mental Health Day





Carve out some time to dance

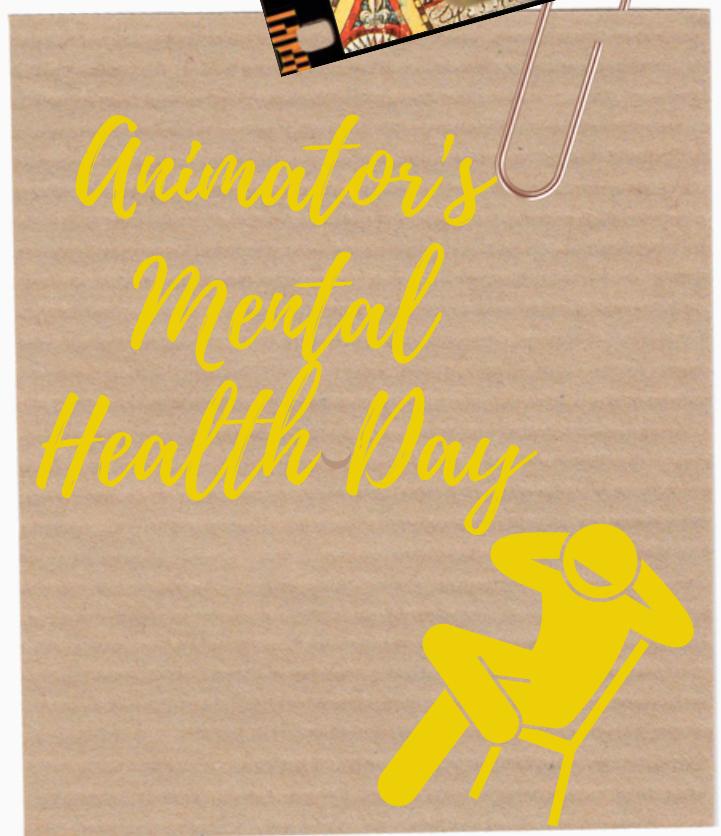


Wear bright colours

Extravert, Observant, Thinking, Perceiving



Spend some time with
someone who is decisive and
logical (and whom you like)

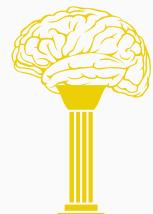




Fix something



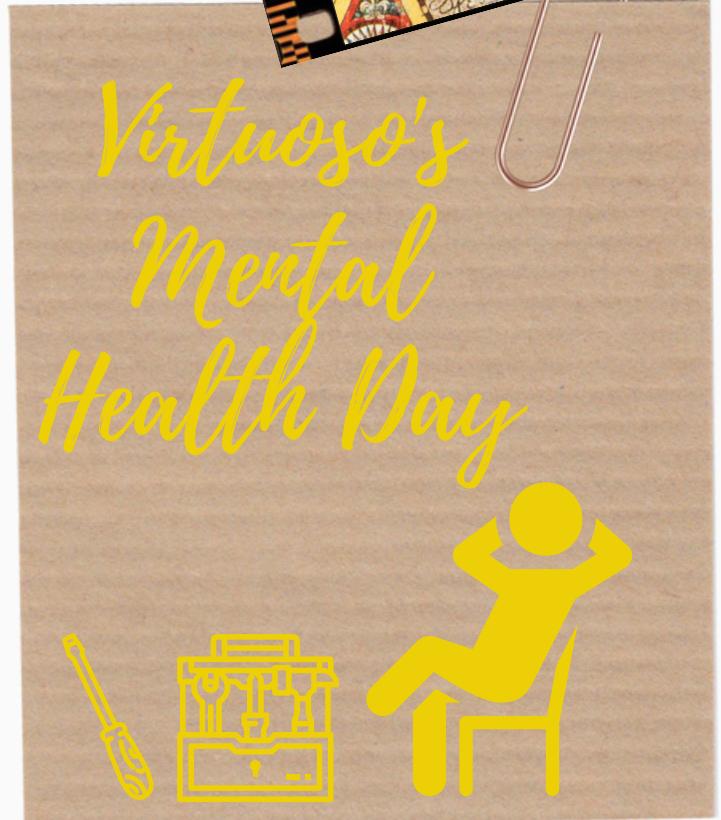
Just be yourself and do what
makes you happy



Introvert, Observant, Thinking, Perceiving



Spend some time with someone
who can share abstract insights
with you (NJ personalities)





Spend some time in rural surroundings



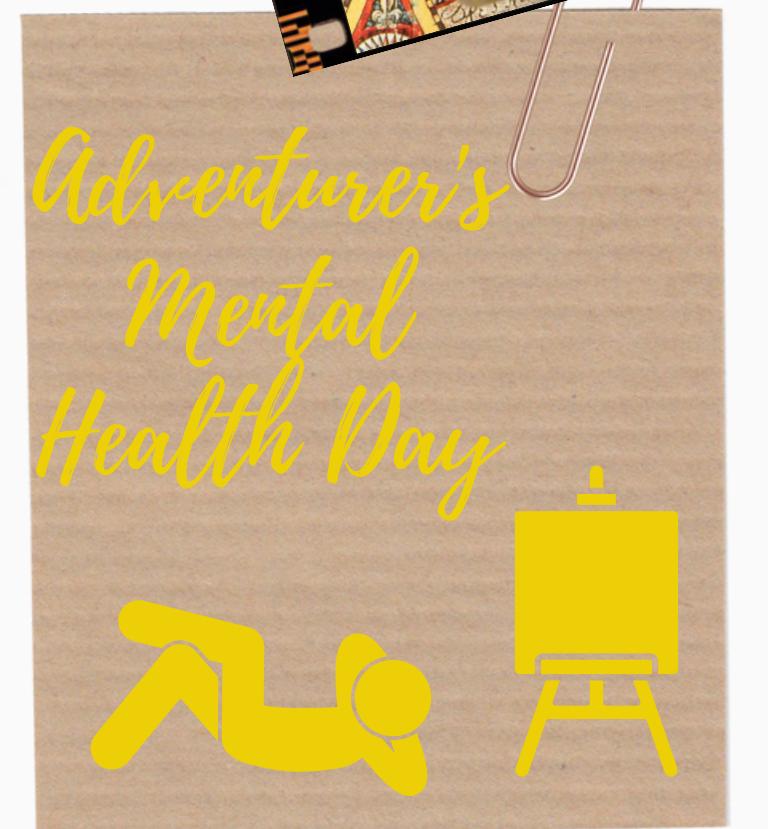
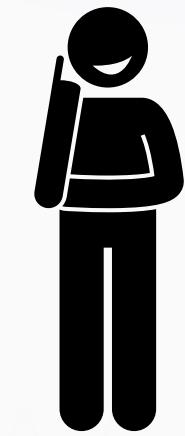
Tell your friends politely that for some time you won't be able to deal with their issues



Introvert, Observant, Feeling, Perceiving



Spend some time with someone who can share abstract insights with you (NJ personalities)

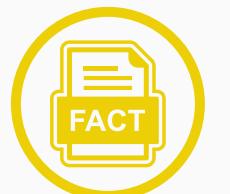




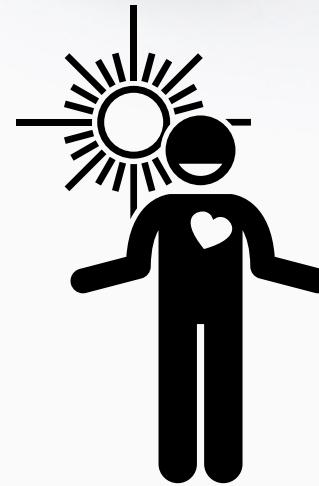
Take part in a sports activity
that is competitive



Watch a match or some
championships - anything
related to your favourite sport



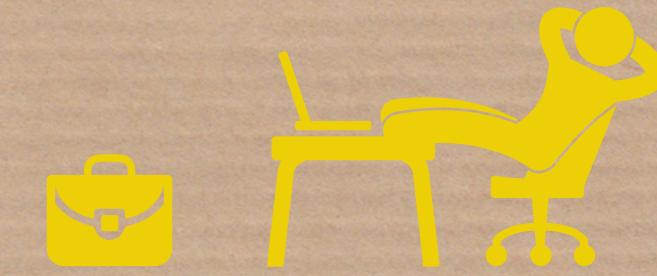
Extravert, Observant, Thinking, Perceiving



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



Persuader's
Mental
Health Day



HOW TO DEAL WITH



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/>

