

# Explorers' Mental Health Day





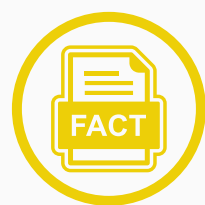
Carve out some time to dance



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



Wear bright colours



Extravert, Observant, Thinking, Perceiving

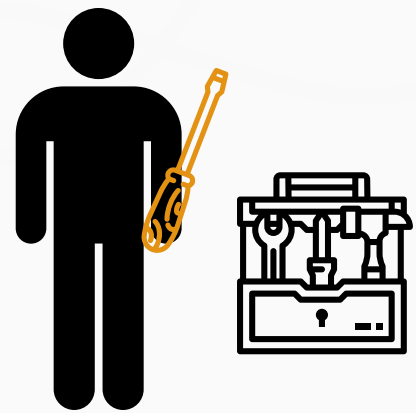


Animator's  
Mental  
Health Day

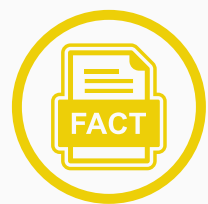




Fix something



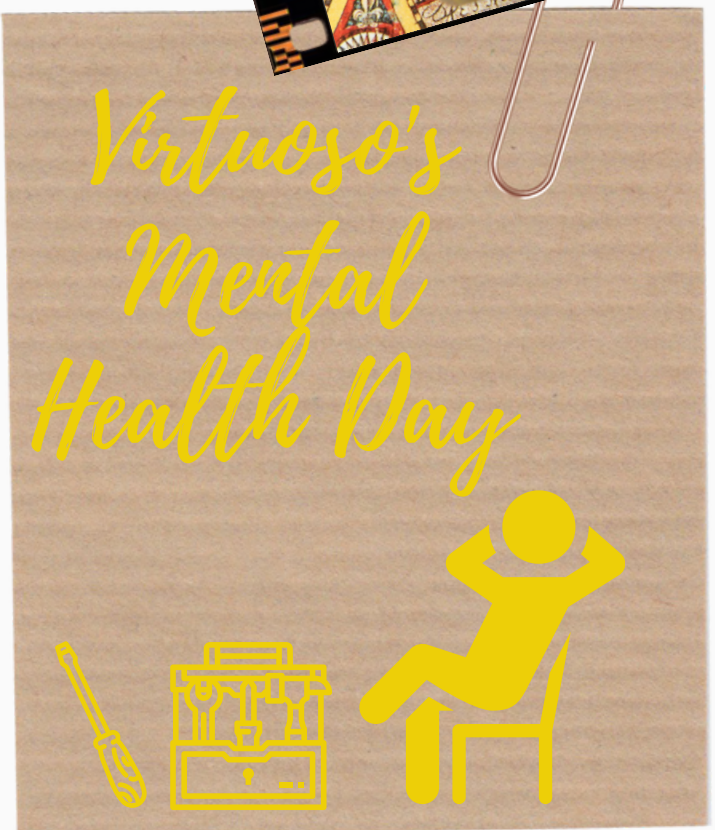
Just be yourself and do what makes you happy



Introvert, Observant, Thinking, Perceiving



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





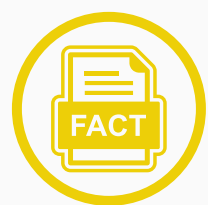
Spend some time in rural surroundings



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



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



Introvert, Observant, Feeling, Perceiving

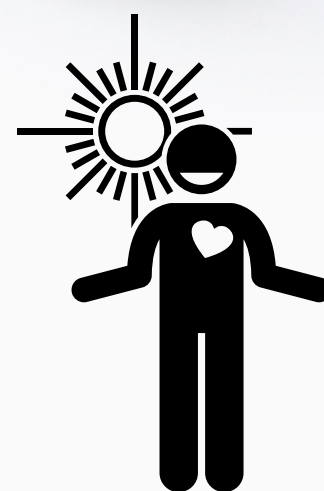


Adventurer's Mental Health Day





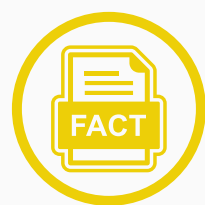
Take part in a sports activity  
that is competitive



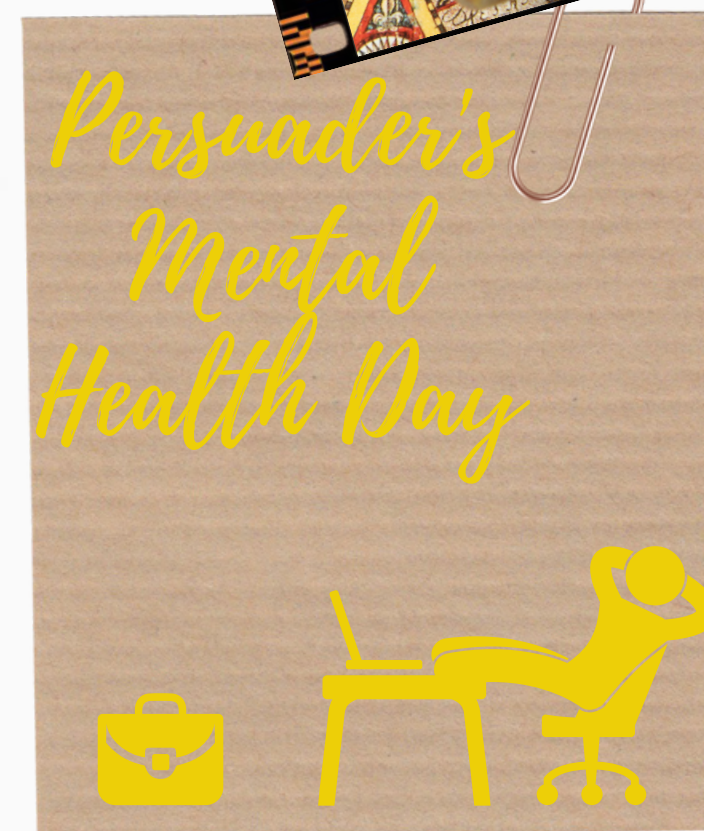
Spend some time with someone  
who is warm-hearted and  
empathetic



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



Extravert, Observant, Thinking, Perceiving





## 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/>

