



HEALTHY MINDS FAMILY ACTION PLAN

When families commit to good mental health together everyone benefits. Commit to yours today.

Making small changes in lifestyle and behavior as a family today can make a big difference for everyone's mental health and well-being tomorrow.

My family commits to keeping our minds healthy and strong by:

(Check what your family will do)

- Scheduling a regular family meeting every _____ to talk about everyone's feelings and concerns.
- Being aware of what is happening in each other's lives.
- Eating healthier foods.
- Eating more meals together.
- Exercising regularly.
- Limiting everyone's screen time on all devices outside of work or school.
- Putting all devices on the family charging station at bedtime.
- Getting the recommended amount of sleep each night.
- Establishing a consistent daily routine.
- Reducing stress.
- Practicing this relaxation technique when we feel stressed out or anxious: _____
- Other: _____

As a parent/grandparent/caregiver I commit to:

(Check which changes you will make)

- Honestly share with my family what is happening in my life, both good and bad.
- Buying healthier foods for my family.
- Exercising _____ minutes _____ days a week.
- Limiting my screen time outside of work to _____ hours a day.
- Setting up a family device charging station in the house here: _____
- Sleeping _____ hours a night.
- Getting rid of stress in my life by: _____
- Being a good mental health role model to my kids.

As a child I commit to:

(Check which changes you will make)

- Honestly sharing with my family what is happening in my life, both good and bad.
- Exercising _____ minutes _____ days a week.
- Limiting my screen time outside of school to _____ hours a day.
- Sleeping _____ hours a night.
- Getting rid of stress in my life by: _____

