



EXCUSED MENTAL HEALTH ABSENCES:



WHAT DOES IT LOOK LIKE?

The experience of an excused mental health absence varies from person to person. Read on to learn what a mental health absence may look like for you!



TAKE TIME FOR YOURSELF

Prioritize your wellness. Take needed time off to address your mental health and struggles you face.



EAT WELL

Nourish your body and relax. Make sure to drink lots of water!



GET ENOUGH SLEEP

Aim for 8-10 hours of sleep per night. It is important to nourish our bodies with rest.



EXERCISE

Move your body in ways that feel good. This can look like going for a walk, hitting the gym, or dancing in your kitchen.



PRIORITIZE YOUR WELLBEING



MENTAL HEALTH MATTERS



**REMEMBER:
MENTAL HEALTH IS
JUST AS
IMPORTANT AS
PHYSICAL HEALTH**

