A healthy mind

Read the reflections and commitments someone made to keep a healthy mind. Choose the correct option to complete them (**sometimes both options are correct).**

1. I'll try to engage in activities that help me relax *as soon as / when* I feel stressed.

2. *As soon as / Unless* I prioritize self-care, I might feel emotionally exhausted.

3. I'll continue feeling in a bad mood *unless / if* I get enough sleep.

4. *When / Before* I spend more time outdoors, I'll feel more mentally clear.

5. *Until / When* I establish a consistent routine, I won't maintain a healthy mind.

6. I'll replace negative thoughts with more positive affirmations *as soon as / if* I notice them.

7. I'll continue to feel overwhelmed by other people's demands *until / unless* I set boundaries.

8. *Before / When* I make decisions, I'll consider how they align with my mental well-being.