

Digital
Mental Wellness Toolkit

Simple Tools for a Balanced Mind & Resilient Life



Digital Mental Wellness Toolkit

Struggling with stress, burnout, or mental fatigue? You're not alone! The Digital Mental Wellness Toolkit by Conscious Works is here to help.

This resource is packed with simple, science-backed strategies to help you reset, recharge, and build resilience.

Your mind is your greatest asset. This toolkit gives you simple and practical tools to strengthen it—one small step at a time.

- **Easy to use**
- **Practical exercises**
- **For everyday mental wellness**

1. Balance self-check

A quick self-assessment to help you gauge your current mental wellness.

Rate yourself on a scale of 1-5 (1 = Poor, 5 = Excellent) for the following:

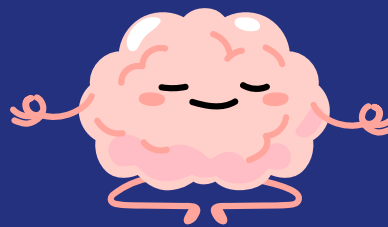
- Sleep quality
- Stress levels
- Energy levels
- Mood stability
- Ability to focus
- Social connection
- Self-care consistency

👉 **Reflection: What's one small step you can take today to improve your lowest score?**

2. Daily Mental Wellness Checklist

- ✓ Drink enough water
- ✓ Take 5 deep breaths every hour
- ✓ Move your body for 10+ minutes
- ✓ Take a short break from screens
- ✓ Practice gratitude (list 3 things)
- ✓ Connect with a loved one

Small steps = Big changes!



3. 5 Mins reset

Quick techniques to calm your mind and refocus



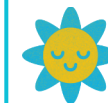
Box breathing

Inhale 4 sec – Hold 4 sec – Exhale 4 sec – Hold 4 sec (Repeat 4x)



Grounding exercise

Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste



Positive affirmation

I am in control of my thoughts, and I choose calm

“

Your mental well-being is your greatest asset—nurture it like you would a garden, with patience, care, and consistency.

”

4. APR Self-coaching guide

(Awareness, Pause, Reframe - A simple tool for handling tough moments)

✓ Awareness:
What am I feeling right now? Why?

✓ Pause:
Take 3 deep breaths before reacting.

✓ Reframe:
What's a different way to look at this situation?

👉 *Try This: Write down a current challenge & apply APR to shift your mindset.*



5. Emergency Coping Strategies

Emergency coping strategies help in moments of distress.



For Anxiety:

- Try the 5-4-3-2-1 grounding method.
- Hold something cold (ice or a metal object).

For Overwhelm

- Do a 60-second deep breathing exercise.
- Write down 3 priorities & focus only on one.



For low moods:



- Step outside for fresh air & sunlight.
- Listen to uplifting music or move your body.



Curated Resource List

Free Mental Wellness Apps:

- Insight Timer (Meditation & sleep)
- Moodfit (Mood tracking)
- Daylio (Micro journaling)

Helpful Reads:

- Atomic Habits – James Clear
- The Power of Now – Eckhart Tolle



Conscious
Works

Your Mind Matters

Stronger mind, better you.

At Conscious Works, we believe that mental wellness is the foundation of success—both personally and professionally. Our mission is to empower leaders, entrepreneurs and workplaces with practical tools and expert guidance that foster resilience, well-being, and sustainable growth

Want to explore more resources, workshops, or coaching support?

Visit us at www.consciousworks.co.ke

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