**Mentally-** in a manner relating to the mind.

Re-Direct Your Thinking

Reassure the Mind

Think of Memories (Good or Bad)

Allow yourself to Think

Reduce Stress

Tease the Brain

Stimulate the Brain

Be Mindful

Relax the Mind

Exercise the Brain

Visualize Something Good

Rest the Mind

Challenge the Mind

Feed the Mind with Positivity

Educate the Mind learn something New

Set goals and Priorities (Small to Big)

Practice Gratitude

Say No

Create Something

Connect the Mind

Be Kind to the Mind

Be Present in the Moment

Empty the Mind

Calm the Mind

Stop the Mind