



2026 Mental Wellness Passport



MENTAL HEALTH MINISTRY TEAM

HOW TO USE THE PASSPORT

This on-your-honor passport is intended for individuals to acknowledge and support mental wellbeing. This passport can be used as a personal accountability tool or as an activity for parish and school staff, families and friends.

Gamify it! Each month contains one activity to complete. One completed activity = one entry into a prize drawing. Determine within your organization how to track and record completion, and consider having a monthly or quarterly random prize drawing for those who complete the activities.



RESOURCES / LINKS:

Mental Health Assessment: <https://screening.mhanational.org/screening-tools/>



Minnesota Seasonal Fruits and Vegetables: <https://www.thespruceeats.com/minnesota-seasonal-fruits-and-vegetables-2217187>



Random Acts of Kindness: <https://www.randomactsofkindness.org/>



Lectio Divina: <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/meditations>



ABOUT MENTAL HEALTH MINISTRY TEAM

The Mental Health Ministry Team of the Diocese of Saint Cloud envisions a world in which the dignity of everyone impacted by mental health challenges is affirmed, all stigma associated with the realities is removed and all are empowered through the sharing of Christ's message of mercy, hope and justice.

The role of a Mental Health Ministry Team is to provide spiritual companionship, to listen and enter into relationships; provide spiritual and practical support and resources and provide educational opportunities for mental health awareness to the parish and community.

CONTACT US

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I can do all things in Christ who gives me strength. - Phil 4:13

January	Complete a Mental Health Assessment <i>(see link on back page)</i>	
February	Eating fruits and vegetables is great for mental wellness! Add one new fruit or veggie to your plate this month. <i>(see link on back page)</i>	
March	Practice Lectio Divina using Psalm 46. <i>(see link on back page)</i>	

April	Financial stress is a significant contributor to mental wellness issues. This month, create a budget or review your current one.	
May	Support Mental Health Awareness Month by wearing green one day this month.	
June	Walking releases endorphins, reduces stress and fosters a sense of accomplishment. Get some extra steps in this month!	

July	Hydrate for a better mood. Drink 6-8 glasses of water each day this month.	
August	Share your favorite wellness book, article or podcast with a friend or family member.	
September	Pray the St. Dymphna prayer this month to support mental health healing.	

October	Prioritize sleep this month! Review, assess and improve your current sleep routine.	
November	Write down three things you are grateful for this month to practice an attitude of gratitude.	
December	Give the gift of kindness this month! Perform a random act of kindness this month. <i>(see link on back page)</i>	

