

CARE OF YOUR MENTAL

HEALTH



BREATHE

Practice some deep breathing



EXERCISE

Exercise is a great tool to reduce anxiety and stress



FRIENDS

Talk to friends about how you are feeling



HAPPY

Take part in something that makes you happy



FOOD

Make sure you are eating a well balanced diet



RELAX

Take time out of your day to relax



DIARY

Engage regularly in a thought diary



PMR

Practice some progressive muscle relaxation



ACTIVITY

Keep yourself active throughout your day



MINDFUL

Engage in some mindfulness activities



CHALLENGE

Challenge your negative thoughts



MUSIC

Listen to music that inspires or relaxes you



SMILE

Smile more throughout your day



PEOPLE

Surround yourself with people who make you happy



TO DO LIST

Start a to do list



SLEEP

Get into a good sleep pattern



GRATEFULNESS

Each day write down the things you are grateful for



MEDITATION

Try learning some meditation



JOURNAL

Keep a journal and write down your worries



YOGA

Engage in some yoga



STRENGTHS

Write down a list of your strengths every day



GOALS

Set some realistic goals



STRESS

Learn what your stress trigger points are



DRINKING

Drink sensibly



ASK

Speak to someone and ask for help if you are struggling



TIME

Make time for yourself each day



FEELINGS

Let people know how you feel



COLORING

Buy an adult colouring book



WALK

Go for a long relaxing walk



FAMILY

Do something with your friends and family



SKILL

Learn a new skill



GREATNESS

Do something you are good at



HOBBY

Engage regularly in a hobby that you enjoy



SOCIALISE

Socialise with your friends



CONFIDENCE

Invest time in developing your confidence



HELP

Don't be afraid to ask for help



RESTRUCTURE

Learn how to use cognitive restructuring



FOCUS

Focus on the moment and notice your surroundings



KINDNESS

Do something nice for someone



TECH

Disconnect from technology



GIVE

Give something back to the community



PERSPECTIVE

Put things into perspective



GROUP

Join a group



SELF TALK

Challenge self talk



READ

Find an engaging book that you will enjoy reading



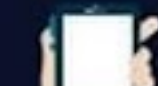
WORRY TIME



PROBLEM SOLVE



IMAGERY



APPS



COMPLIMENT