## **50 Ways** to take care of your mental health







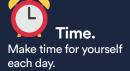








Write down a list of your strengths every day.









the community.



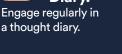
Worry time.

Dedicate a certain time in your day for writing down your worries.



Exercise is a great tool to reduce anxiety and stress.







Gratefulness. Each day write down the things you are grateful for.



you feel.

good at.

restructuring.

Goals. Set some realistic goals.

Greatness.

**Restructure.** 

Perspective.

Learn how to use cognitive

Put things into perspective.

Problem

solve.

Learn how to effectively

problem solve.

Do something you're





Stress.

Learn what your stress

trigger points are.

Friends.

Talk to your friends about

PMR.

Practice some progressive

Smile.

Meditation.

how you are feeling.

muscle relaxation.

Try learning some

meditation.

Hobby. Engage regularly in a hobby that you enjoy.

Focus. Focus on the moment and notice your surroundings.





Imagery. Practice some imagery.

Happy. Take part in something that makes you happy.



throughout your day.



Surround yourself with people who make you happy.

Journal. Keep a journal and write down your worries.

Drinkina. Drink sensibly.

Walk. Go for a long relaxing walk.

Socialise. Socialise with your friends.

Kindness. Do something nice for someone.





Apps. Find an app that you can use to help with relaxation.



Make sure you are eating a well balanced diet.



Engage in some mindfulness activities.







Speak to someone and ask for help if you are struggling.



Do something with your family and friends.

## Confidence.

Invest time in developing your confidence.



**Disconnect from** technology.





compliment.