

# 50 DAILY WAYS TO TAKE 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



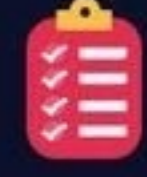
## SMILE

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



## DRINK WATER

Keep hydrated



## 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

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



## PROBLEM SOLVE

Learn how to effectively problem solve



## IMAGERY

Practice some imagery



## APPS

Find an app that you can use to help with relaxation



## COMPLIMENT

Give someone a compliment