50 DAILY WAYS TO TAKE CARE OF YOUR MENTAL HEALTH

BREATHE: Practice some deep breathing
RELAX: Take time out of your day to relax
CHALLENGE: Challenge your negative thoughts
MUSIC: Listen to music that inspires or relaxes you
SLEEP: Get into a good sleep pattern
STRENGTHS: Write down a list of your strengths every day
TIME: Make time for yourself each day
SKILL: Learn a new skill
FEELINGS: Let people know how you feel
FEARlessness: Do something you are good at
COLORING: Buy an adult colouring book
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
PERCEPTION: Put things into perspective
GROUP: Join a group
SELF TALK: Challenge self talk
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
FOOD: Make sure you are eating a well-balanced diet
MINDFUL: Engage in some mindfulness activities
TO DO LIST: Start a to do list
YOGA: Engage in some yoga
JOURNAL: Keep a journal and write down your worries
DRINKING: Drink sensibly
ASK: Speak to someone and ask for help if you are struggling
FAMILY: Do something with your friends and family
TECH: Disconnect from technology
READ: Find an engaging book that you will enjoy reading
DISTRIBUTE: Dedicate a certain time in your day for writing down your worries