

keeping things going

Everyone is different and makes progress at their own pace. It's important to keep the things going which you have put in place during these sessions. The more you use these strategies, the more it will become part of everyday life and the better you will feel. Here are the main things you need to remember.

follow the plan and not the mood

Keep making plans every week to do more of the activities that are meaningful to you. Remember, by following the plan and not the mood, you will feel increasingly better. You might want to make or buy a wall calendar to write your plans on or maybe get a nice diary/notebook. If you plan it, you're more likely to do it!



do more to feel better

Keep adding to and changing your list of meaningful activities. It can be a good idea to keep your list somewhere you can see it. This way, if you're feeling low, you can easily choose something from your list to do there and then to help lift your mood. It can be a good idea to keep it up on your bedroom wall, in the kitchen or somewhere you can easily look at it.



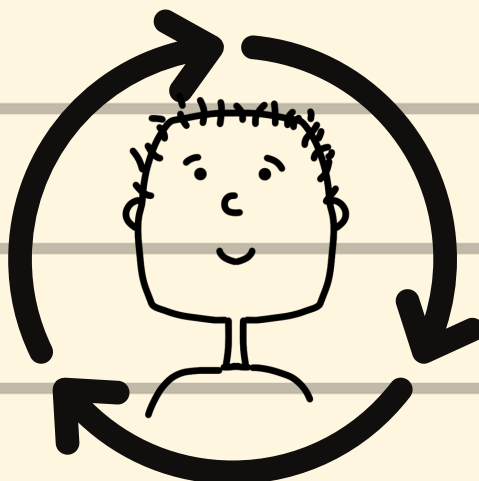
practical problem solving

If problems arise which are stopping you from doing activities or are causing you to feel low in mood, use the problem solving steps to help overcome the problem. Write down each step from the handout to break the problem down and help to solve it. This is important because solving problems helps us to feel better.



The journey to feeling better can be full of ups and downs and it's important to recognise that we all have bad days and good days. When bad days happen, don't beat yourself up! The next day is a new day and remember to break the unhelpful cycle by **DOING MORE TO FEEL BETTER**.

do more of
what matters



feel better
and happier

get more from life