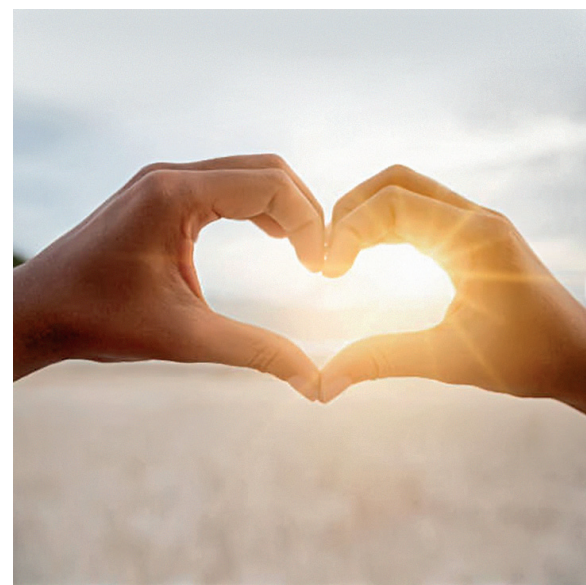


# POSITIVE STEPS TO WELLBEING



## Be Kind to Yourself

Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticize yourself. Treat yourself the way you would treat a friend in the same situation.



## Exercise Regularly

Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing and just do it.



## Take up a Hobby and/or Learn a New Skill

Increase your confidence and interest, meet others, or prepare for finding work.



## Have Some Fun and/or be Creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



## Help Others

Get involved with a community project, charity work, or simply help someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.



## Relax

Make time for yourself. Allow yourself to chill out and relax. Find something that suits you different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out).



## Eat Healthy

Eat regularly, eat breakfast, eat fruit and vegetables, and drink water.



## Balance Sleep

Get into a healthy sleep routine including going to bed and getting up at the same time each day.



## Connect with Others

Stay in touch with family and friends make regular and frequent contact with them.



## Be Aware of Alcohol and Drugs

Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.



## See the Bigger Picture

We all give different meanings to situations and see things from our point of view. Broaden your perspective and consider the bigger picture ('the helicopter view').

What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?



## Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.

Some situations we just can't change. We can surf those waves rather than trying to stop them.

Allow those thoughts and sensations to just be they will pass.