



WELLNESS
CUPBOARD

9 THINGS TO TRY

on a hard day

1



MOVE YOUR BODY

Even a few minutes of movement can shift your mood and clear your head.

2



NAME WHAT YOU'RE FEELING

Give your emotions space. Naming them helps you process and move through them.

3



FIND ONE THING TO BE GRATEFUL FOR

It can be small. Gratitude shifts your focus and brings a little light to your day.

4



DO SOMETHING KIND

A small act of kindness can lift your mood and remind you that you can still make a difference.

5



REACH OUT TO ONE PERSON

Connection matters. You don't have to go through it all alone.

6



SUNLIGHT + NATURE

Fresh air, natural light and time in nature can help lift your mood, reduce stress and help you reset.

7



GUARD WHAT YOU FEED YOUR MIND

Be mindful of what you watch, read, listen to and say to yourself.

8



DO ONE SMALL THING YOU CAN CONTROL

Small actions build momentum and remind your brain you are not helpless.

9



TALK TO YOURSELF LIKE SOMEONE YOU LOVE

Be your own safe place. Speak to yourself with kindness, just like you would a friend.

You've got this.  

SAVE THIS FOR YOUR NEXT HARD DAY 

