



STARTERS

BITE SIZE ACTIVITIES THAT CAN BE DONE ANYWHERE

SLOW YOUR BREATHING DOWN

Just 2-3 minutes will help loosen the 'thought knots' in the mind at times of stress

LEARN 3 MINUTE MINDFULNESS

Mindfulness trains your brain to be focussed and calm. With better focus you're more productive, feel happier and more in control of your life

SMILE AT OTHERS

Research on facial expressions shows that smiling makes you happy. A smile can generate more pleasure in the brain than eating chocolate

MAINS

SUBSTANTIAL INGREDIENTS TO POSITIVE MENTAL HEALTH

RESTFUL SLEEP

Even partial sleep deprivation has a significant effect on our mental state

PRACTISE A PLEASANT ACTIVITY EACH DAY THAT DOESN'T INVOLVE ALCOHOL

'Like to' activities help fuel you, while 'must do' activities can deplete you

MAKE PLANS WITH SUPPORTIVE PEOPLE

People with strong family or social connections are generally healthier than those who lack a support network

DESSERTS

DAILY TREATS TO MAINTAIN POSITIVE MENTAL HEALTH

PAY SOMEONE A COMPLIMENT OR SAY THANK YOU

Generosity and gratitude activate areas of our brain linked to sustainable happiness

BE STILL FOR 3 MINUTES

Notice five things you can see and hear

SIDES

RESOURCES AND APPS TO SUPPORT A HEALTHY MIND

Smiling Mind, Breathe, Calm, Mood Tracker, SAM Anxiety

PSYCHOLOGICAL THERAPIES ARE A GREAT SOURCE OF STRENGTH, BUILDING PROTEIN FOR THE MIND

Cognitive Behaviour Therapy [CBT] works on the basis that while you can't always change your circumstances, you can change the way you perceive them. Identifying unhelpful thought processes and adjusting them to see the world more realistically can have huge effects on your mood and behaviour. CBT is regarded as one of the most successful treatments for depression and anxiety.