

10 ACTIVITIES TO DO AT HOME THAT CAN BOOST YOUR MENTAL HEALTH DURING A WINTER LOCKDOWN

DEEP BREATHING



- Engaging in breathing techniques can be a useful way for calming your body as well as your mind

MINDFUL COLOURING



- A mindful colouring book can be a great tool for re focusing on the present moment and reducing stress and worry

3 GOOD THINGS



- Writing down 3 good things you have achieved from the day before bed can help you tap into positive emotions and remind you of the things you are good at

SELF SOOTHE BOX



- A self soothe box includes items that connect to all your senses and helps calm you during times of distress. E.g. smell - a scented candle, sight - a picture that evokes a positive memory

THOUGHT DIARY



- Writing down thoughts in a diary is a useful exercise for understanding what you are feeling and thinking. It is also a useful tool for recognising triggers and learning ways to cope better with them

VISUALISATION



- Closing your eyes for a couple of minutes and imagining yourself in a calm and relaxing place can be a great way to boost confidence and reduce anxiety

ACTIVITY PLANNER



- An activity planner is a useful way for organising your week and making sure you are scheduling activities that connect you with others and provide you with a sense of pleasure and achievement

EXERCISE



- Whether it is high intensity training, stretching or engaging in yoga, exercise is a great way to boost mood and reduce stress and anxiety

WELLNESS ACTION PLAN



- A wellness action plan is a tool that helps you come up with practical ways to cope with stress and be proactive with your mental fitness

LEARN SOMETHING NEW



- Be creative and challenge yourself to learn something new

