

Making Mindful Moments

May 2022

☎ 0800 0234 834

🌐 bwcharity.org.uk

📘 bwcharity

🐦 @bwcharity

31 Actions to help boost your mental wellbeing

- 1 Be kind to yourself by setting aside some 'me time' each day
- 2 Celebrate success - small wins are just as important as big achievements
- 3 Show appreciation for a loved one - tell them how much they mean to you
- 4 Recognise negative thoughts and replace them with positive ones
- 5 Practice gratitude - think of people or moments that make you happy
- 6 Prioritise what matters: eat healthy, stay active and sleep well
- 7 Unplug from technology and enjoy being present in the moment
- 8 Do one thing for yourself today that you know will make you smile
- 9 Let go of the things you can't control and focus on the things you can
- 10 Make plans for the weekend and give yourself something to look forward to
- 11 Take five to focus on your breathing - breathe in, and breathe out
- 12 Lend an ear to someone who's feeling down, listen to them carefully
- 13 Maintain a restful sleep environment - keep your room dark, cool and quiet
- 14 Devote time to do more of the things that make you happy
- 15 Have fun - laughter goes a long way in helping to reduce stress
- 16 Pay attention to your thoughts and feelings, and the world around you
- 17 Use difficult moments as an opportunity to build resilience
- 18 Acknowledge all the things you do well today, no matter how small
- 19 Get a daily dose of sunlight - just 15 minutes can help boost your mood
- 20 Plan for a calm and relaxing weekend so you can unwind and de-stress
- 21 Allow yourself a break and don't feel guilty about it - rest is productive
- 22 Exercise to lift your mood - walk, cycle or take part in an online class
- 23 Open up and talk about how you feel to help you manage tough situations
- 24 Don't compare yourself to others - we all deal with things differently
- 25 Enjoy your journey - you can reach your goals without burning yourself out
- 26 Normalise setbacks when they happen - it'll help you to grow and develop
- 27 Surround yourself with positive people who bring out the best in you
- 28 Create a wellness toolbox packed with things that help lift your mood
- 29 Step back from stressful situations to help calm anxious feelings
- 30 Check in with someone who you haven't heard from in a while
- 31 Remember you're not alone - reach out if you need support

A small conversation about mental health has the power to make a big difference.