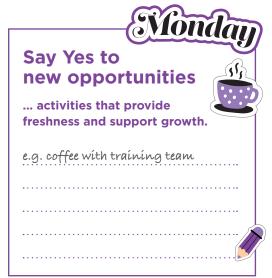
My mental health activity schedule

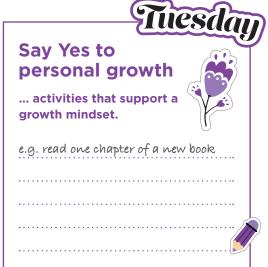




Grab yourself a copy of this digital download to help inject 7 mood boosting mental health activities into your week.

Take some time to plan ways to support your own mental health and wellbeing.





	ednesda	
Say Yes to positivity	+++	
activities that get those all important happy chemicals flowing.		
e.g. sígn up for kíck	ما المام	
c.g. 31910 tcp (01 Rior	ROOXING CLASS	
c.g. stgw up [or retor	ROOXING CLASS	
c.g. sign up [01 (c.c.)	eooxing class	



Say Yes to connecting with others				
activities that help nurture relationships.				
e.g. grab 10 mins with a colleague				
	Ŋ			

Say Yes to selfcare & compassion			
activities that nourish your soul and provide space for you.			
e.g. enjoy a lie-in at the weekend			

	Sunday
Say Yes to being present	Zum3
activities that grou bring you back to the	- 1
e.g. take 15 mins out	doors at lunch



These are just some ideas. Yours will naturally be personal to you.

Explore our <u>YES! themes</u> for ideas and inspiration and ways to form small happiness habits, unique to you, that nourish your soul.





