

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.



Monday

Say Yes to new opportunities



... activities that provide freshness and support growth.

e.g. coffee with training team

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Tuesday

Say Yes to personal growth



... activities that support a growth mindset.

e.g. read one chapter of a new book

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Wednesday

Say Yes to positivity



... activities that get those all important happy chemicals flowing.

e.g. sign up for kickboxing class

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Thursday

Say Yes to new experiences



... activities that fulfil a passion or need.

e.g. explore holiday options

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Friday

Say Yes to connecting with others



... activities that help nurture relationships.

e.g. grab 10 mins with a colleague

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Saturday

Say Yes to selfcare & compassion



... activities that nourish your soul and provide space for you.

e.g. enjoy a lie-in at the weekend

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Sunday

Say Yes to being present



... activities that ground you and bring you back to the present.

e.g. take 15 mins outdoors at lunch

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

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

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