

# 12 POSITIVE TIPS TOWARD WELLBEING



## 1. BE KIND TO YOURSELF

Encourage rather than criticize yourself. Treat yourself the way you would treat a friend in the same situation.



## 2. FIND A HOBBY

Increase your confidence and interest, meet others, or prepare for finding work.



## 3. VOLUNTEER

Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you'll be doing something worthwhile to help you feel better about yourself.



## 4. EAT HEALTHY

Eat regularly, eat breakfast, eat fruits and veggies, drink water.



## 5. CONNECT

Stay in touch with family and friends - make regular and frequent contact.



## 6. BIG PICTURE

We all give different meanings to situations and see things from our point of view. Broaden your perspective and consider the bigger picture.



## 7. EXERCISE

Being active helps lift our mood, reduce stress, improve physical health, and gives us more energy.



## 8. HAVE FUN!

Having fun and being creative helps us feel better and increases our confidence. Treat yo self!



## 9. RELAX

Make time for yourself. Put your feet up, and remember to breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)



## 10. SLEEP

Get into a healthy sleep routine - including going to bed and getting up at the same time each day.



## 11. DRUGS & ALCOHOL

Avoid using alcohol (or non-prescribed drugs) to help you cope - it will only add to your problems.



## 12. ACCEPT

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can't change. Allow those thoughts and sensations just to be - they will pass.

