

# 4 Ways to Wellbeing

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It's okay not to be okay, but there are some things you can do to fix that. If you're feeling stressed or overwhelmed try these top tips for positive mental health.



## Keep in touch

Communicating and creating meaningful relationships is an essential step to having a healthier state of mind. Keeping lines of communication open can also help reduce stress.



## Stay active

Step outside, Stretch, take a walk or do some sort of activity. Staying active also helps reduce stress and increases your physical and mental energy.



## Take some time out

Take a break, disconnect from your phone, and relax. Do something you like and take some time to focus on yourself until you are in a better head-space.



## Reach out for help

Everyone needs someone to lean on sometimes. You don't have to get through everything alone. Reach out to someone and tell them how you're feeling, they may be able to help you find a solution.

# MARCH 2022

*Try these daily challenges to help  
strengthen your  
mental wellbeing!*

## MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1.</b> Make a list of things you want to accomplish in the future	<b>2.</b> Take five minutes out of today to stop what you're doing and take a breather	<b>3.</b> Stand in front of the mirror and give yourself a compliment	<b>4.</b> Take an hour out of today to do something YOU enjoy	<b>5.</b> Forgive yourself if you do not succeed at first
<b>6.</b> Journal about things that had an impact on you this week	<b>7.</b> Say something positive to three people today!	<b>8.</b> Make an effort to enjoy lunch with your friends today	<b>9.</b> Send a positive text to someone you haven't spoken to recently	<b>10.</b> Think about joining a group you like and plan out the steps to join	<b>11.</b> Go on a nature walk! You could even take photos of what you see.	<b>12.</b> Plan something fun to do with your friends, virtually or in person
<b>13.</b> Set up a group video chat with your friends and talk about the week	<b>14.</b> Take a different route today and see what you notice	<b>15.</b> Make an effort to go to bed early and avoid looking at your phone	<b>16.</b> Plan something fun and invite others to take part	<b>17.</b> Write down three things you're looking forward to in March	<b>18.</b> Challenge those negative thoughts and look for the positives	<b>19.</b> Get outside. Perhaps you could go for a walk with friends or family
<b>20.</b> Compliment yourself	<b>21.</b> Take a few minutes and do nothing	<b>22.</b> What is something you're fearful of? Take a small step to tackle that fear	<b>23.</b> Spend an hour doing something for you e.g. facemask, bath, read a book	<b>24.</b> Have a go at growing something. You can use tomato seeds from the fridge!	<b>25.</b> Concentrate on your breathing - in through the nose and out through the mouth	<b>26.</b> Try something new that takes you out of your comfort zone
<b>27.</b> See how many people you can smile at today	<b>28.</b> Try cooking or baking something you've never made before	<b>29.</b> Spend an hour on something you've neglected recently	<b>30.</b> Ask a friend how they've been feeling recently	<b>31.</b> List the positive things that have happened to you this month!		



# APRIL 2022

MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT



# MAY 2022

MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT



# JUNE 2022

MONTHLY GOALS

SUN	MON	TUE	WED	THU	FRI	SAT



# JULY 2022

## MONTHLY GOALS



SUN	MON	TUE	WED	THU	FRI	SAT