

10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS

TALKING

By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support

CONNECTING

Connecting with friends and family on a regular basis can help boost mood and reduce stress

VALUES

Staying connected to your values and things that are important to you will help provide you with a sense of meaning

THINKING ERRORS

Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles

RELAXATION

Scheduling in time for yourself where you can relax is important for your overall wellbeing

EXERCISE

Engaging in regular exercise can support you to feel better and less stressed

MINDFULNESS

Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment

STRENGTHS

Identifying and working towards your strengths daily will provide you with an extra sense of confidence

PROBLEM SOLVE

Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing

CHALLENGING THOUGHTS

Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



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R Bogdan



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