## Positive Steps to Wellbeing

### Be kind to yourself
- Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.
- Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

### Exercise regularly
- Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.
- Get outside, preferably in a green space or near water.
- Find an activity you enjoy doing, and just do it.

### Take up a hobby and/or learn a new skill
- Increase your confidence and interest, meet others, or prepare for finding work.

### Have some fun and/or be creative
- Having fun or being creative helps us feel better and increases our confidence.
- Enjoy yourself!

### Help others
- 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 which will help you feel better about yourself.

### Relax
- Make time for yourself. Allow yourself to chill out and relax.
- Find something that suits you – different things work for different people.
- Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

### Eat healthily
- Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.

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

### Connect with others
- Stay in touch with family and friends - make regular and frequent contact with them.

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

### See the bigger picture
- We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture (‘the helicopter view’)
- What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year’s time? What can I do right now that will help most?

### Accepting: ‘It is as it is’
- 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. We can surf those waves rather than try to stop them.
- Allow those thoughts and sensations just to be – they will pass.