

ACTIVITIES FOR POSITIVE MENTAL HEALTH

- Make plans and set goals
- Look for information/advice on staying positive or in control in life
 - Learn new things
 - Spend time helping other people
- Spend time on hobbies like music, art, reading or crosswords
 - Take time to think things through – don't rush
 - Be involved in local groups, clubs or activities
- Talk to a friend or family member about your day-to-day life
 - Spend time with family or friends.
 - Go shopping
 - Eat healthy food
 - Get enough sleep
 - Make time to exercise
 - Go for a walk or just go outside and get some fresh air
 - Work in the garden
 - Seek advice from a professional



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