50 WAYS TO PRACTICE







07

12

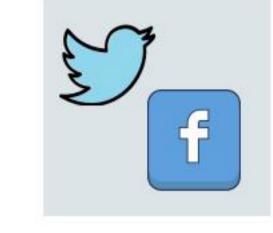
22







LOOK AFTER YOUR MENTAL HEALTH



BUILD YOUR RESILIENCE



STAY IN THE **PRESENT**

08



DRINK WATER REGULARLY

09

19

24

29

34

39



ORGANISE YOUR TIME



PLAY A GAME OR PUZZLE

06

16



CHALLENGE **NEGATIVE THOUGHTS**



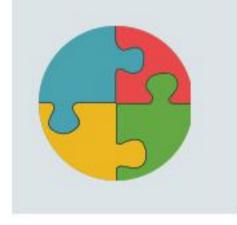
BE AWARE OF YOUR FEELINGS



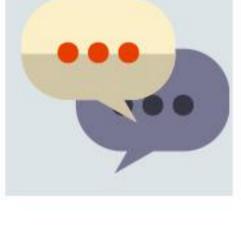
EAT YOUR FAVOURITE MEAL



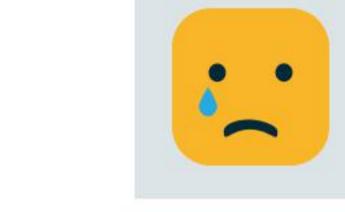
JOIN AN EXERCISE CLASS



GO TO THE MOVIES



STAY POSITIVE



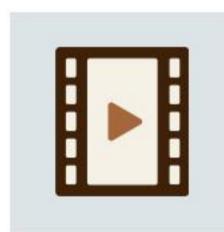
BUY SOMETHING 18 NICE



LAUGH OUT LOUD



TRY OUT SOME 20 YOGA



TEXT A FRIEND



BE KIND TO YOURSELF



WATCH A TV 23 **PROGRAMME**



PRACTICE MINDFULNESS



25 **REST**



GET A 26 **MASSAGE**



SET GOALS YOU WANT TO ACHIEVE



LOVE

YOURSELF

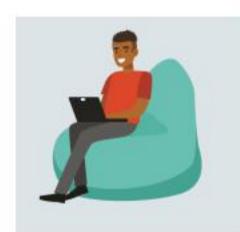
28

33



GO OUTSIDE

WHEN YOU CAN



30 **SMILE MORE**



CONNECT WITH 31 YOUR FAMILY



32 BOOK A HOLIDAY



TREAT YOURSELF



PERFORM A KIND ACT



START A **GRATITUDE DIARY**



LISTEN TO **RELAXING MUSIC**



READ A BOOK

37

42

47



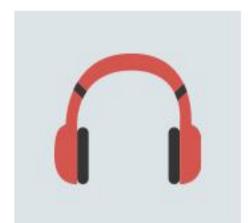
DRAW OR PAINT 38 SOMETHING



HAVE A BATH



GO FOR A 40 WALK



COOK A MEAL



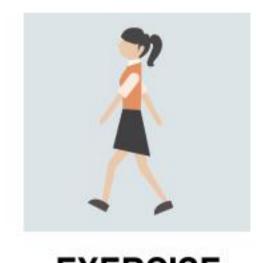
LEARN DEEP BREATHING



LEARN SOMETHING NEW



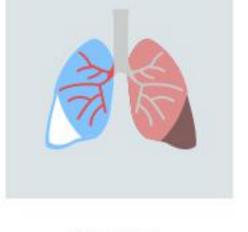
MEDITATE DAILY



EXERCISE 45 REGULARLY



UNPLUG FROM **TECHNOLOGY**



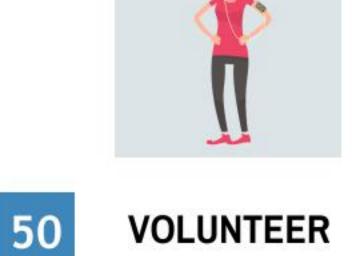
HELP SOMEONE



HAVE A NAP



EAT A WELL 49 **BALANCED DIET**



VOLUNTEER







48



