

7 MENTAL HEALTH

ACTIVITIES TO TRY OUT DURING YOUR WEEK



@BELIEVEPHQ

MY MENTAL HEALTH ACTIVITY SCHEDULE

MONDAY

Spend some time during your week writing down negative thoughts. This can be a really simple tool to help you identify thinking errors and to start managing them more effectively

TUESDAY

If you experience a worry try and postpone it to your worry time. Use worry time to solve any practical worries which you have experienced and to learn how to problem solve more effectively

WEDNESDAY

If you experience a worry and can't get it out of your mind why not try and stay present with what it is you were doing before the worry popped up. Use all of your senses to stay in the present moment and to really engage with a task

THURSDAY

Challenge those negative thoughts. Ask yourself the following questions: are they fact or opinion? What is the evidence for or against thoughts? How can I develop a more realistic thought?

FRIDAY

Self care is really important. Why not try engaging in some deep breathing, ratio breathing or progressive muscle relaxation. They are really useful for reducing psychological and physiological arousal

SATURDAY

Within your week it is important that you schedule in activities that give you a sense of achievement, pleasure and satisfaction. Schedule some fun activities for the upcoming week

SUNDAY

Connect with some colleagues, friends or family members. Focus on building a positive mental health support network

