

Looking After Your Mental Wellbeing

In order to keep a healthy mind, it is important to address each area below every day. If we leave out some areas, or overload in others, we can begin to put our mental and emotional wellbeing at risk. Use this activity sheet to plan out example activities you could realistically complete every day to keep your mind healthy. The more examples you create, the more variety you will have to choose from!

Sleep Time

Plan how many hours you would ideally, but realistically, have each night.

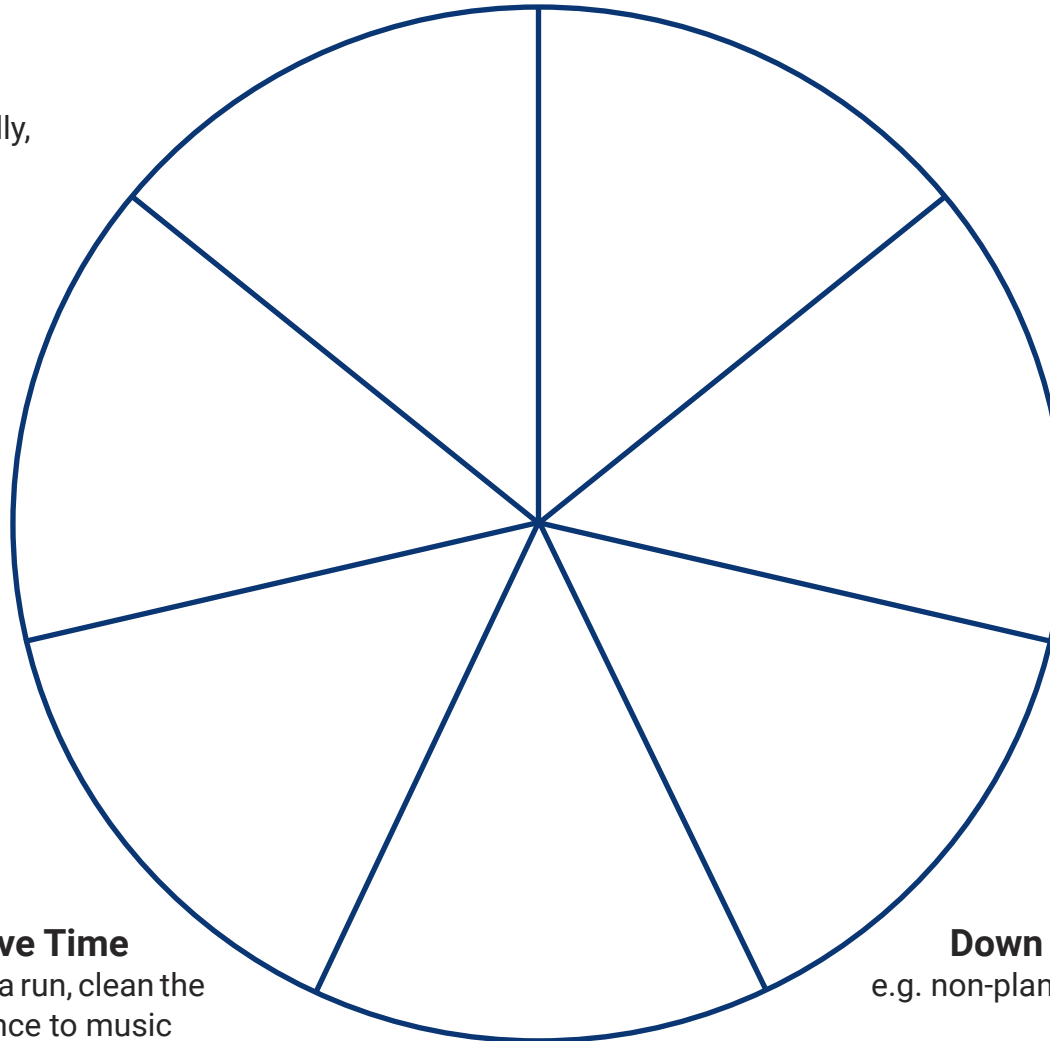
Focused Time

Choose a manageable project that you would like to make some progress on with any spare time that you may have. There is no need to set a target to complete it, just see how far you get!



Active Time

e.g. go for a run, clean the house, dance to music



Down Time

e.g. non-planned activity

Time In

e.g. meditation and mindfulness

Connecting Time

e.g. time socialising with family and friends

Work Time

Try to limit the amount of work that you need to complete at home. Set yourself a deadline to finish work in the evening and keep working at the weekend to a minimum.

