



Do one thing!

Do one thing each day to improve and sustain your mental health. Notice the little changes you see in your life!



Have a relaxing bath



Have a quiet warm drink and a snack



Phone a friend for a chat



Listen to a favourite song



Take a walk in nature



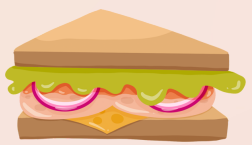
Lie on the ground and watch the clouds



Enjoy the smell of a flower



Turn screens off and play a game



Have lunch with a friend



Video call someone you've not seen recently



Go for a picnic at the weekend



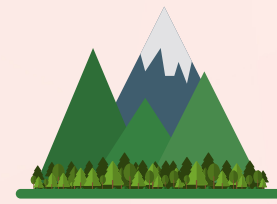
Write a letter to someone you miss



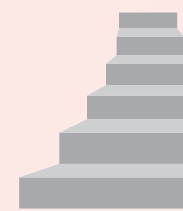
Do some yoga



Go to the beach to play or swim



Climb a hill or mountain and enjoy the view



Take the stairs for a whole day



Try a new physical activity



Learn a dance online



Wear a difference colour to your usual wardrobe



Cook a new recipe



Learn to say hello in 5 new languages



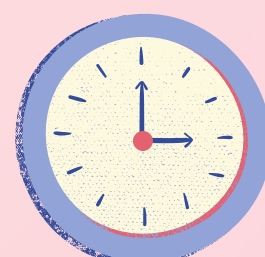
Give someone a super smile



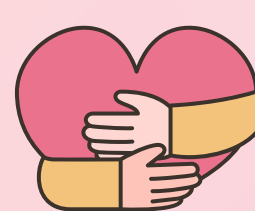
Give something away that you no longer need



Offer someone a hug



Do something different to your daily routine



Help someone who is not expecting it