

8 THINGS YOU CAN DO TO PICK YOURSELF UP WHEN YOU ARE HAVING A DOWN DAY

 @BelievePHQ



BELIEVE PERFORM

ACCEPTANCE



It's normal to have days where you feel a bit low or anxious. It is important to recognise this and accept that these days will happen from time to time.

CONNECT



Try and find time during your day to connect with a friend, family member or colleague.

PLAN



Plan out your day and try to include some activities that provide you with a sense of pleasure, enjoyment and connectedness.

ACTIVITY



Activity and exercise is a good way to boost your mood and reduce stress/anxiety.

TRIGGERS



Understand your triggers and things you can do to minimise them.

TALK



Don't be afraid to talk to a friend or family member about how you are feeling and what you are thinking.

COPING SKILLS



Identify some activities or behaviours you can engage in that will help to boost your mental health.

SELF CARE



Schedule time into your day to engage in activities that provide you with a sense of relaxation and calm.

