

Positive Steps to Wellbeing

See the Bigger Picture



We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture or 'the helicopter view')

What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this?

How important is it, or will it be in a year's time? What can I do right now that will help most?

Look after your Body

Eat healthily & regularly. Start the day with breakfast.

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.

Take care of any medication conditions and take medication as prescribed.



Exercise Regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Interact & Connect with Others



Stay or get back in touch with family or friends.

Make time to be with others.

Attend an evening class or support group.

Get involved with a community project, charity work, or simply help out someone you know.

Enjoy Fun and Creativity

Having fun or being creative helps us feel better and increases our confidence.

Plan fun or creativity every day!



Find Meaning

Live a fulfilled life by finding your purpose:

- What am I passionate about and skilled at?
- What is really important to me?
- What do I want to be remembered for?

Plan meaningful activity every day.



Be Kind to Yourself

Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.



Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Take Notice

Move your spotlight of attention away from your own anxious or depressing thoughts. Choose focus:



Notice your environment: see, hear, smell, feel.

Throughout your busy day, make time to just breathe now and then.

Every evening, notice the positives about the day.