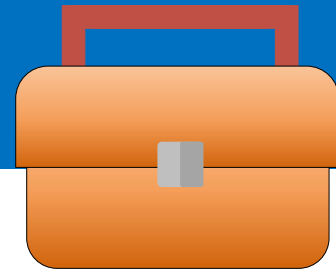


# My Wellness Toolbox



## Things that support my wellbeing

Firstly, we need to think about all the different things that help to make us or keep us well. These things make up our “wellness toolbox” which can be a jumble of all sorts of different things. This is about being kinder to yourself and learning more about yourself and what works for you.

### THINGS TO DO

**Ask yourself ....**  
What stops you feeling bad?  
What makes you feel happy?  
What helps you relax or feel calm?

Focus on positives

Talking to people in a positive way

Try new things

Eat regular meals

Socialising

Listen to music

Make time for yourself

Believe in yourself

Wear something that makes you feel happy

Exercising

Get enough sleep

Give yourself space

Positive use of phones and social media

Shower

Chill out

Contacting friends and important people

Smile

Things I can do for myself to keep me feeling as well as possible:

---

---

---