

Getting back to me

Its time to think about how to get you back to feeling more like you

Think about your usual day.....

How many
good meals?

Minutes you move
your body?

Times you speak to
someone?

Hours of
sleep?

1. How would you like your day to look? What could be better?



Here are 11 helpful tips from the NHS [Every Mind Matters campaign](#), to think about as you make your plan:

Go at your own pace

Do not avoid things entirely

Get your information from the right sources

Discuss any changes with others

Make time to relax

Challenge unhelpful thoughts

Tell someone how you feel

Plan social occasions

Find routine where you can

Write down your thoughts

Focus on the present.

2. Is there a thing you used to like doing before the pandemic?

3. What will be the first thing you do to make things better for you?

4. Is there something that would help you to make change easier?



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5. No one has to be alone, who will you speak with?



6. It's been a hard time and it might take a while to get easier, how will you be kind to yourself?



7. What are the good things you can think of?



8. How can you make more of the good things?



9. Here you can plan something new into your day to day.

Maybe think about your day in parts



First thing

Morning

Midday

Afternoon

Evening

Bedtime



It's great that you've thought about change today, how do you feel?