

Daily Wellbeing Tools

In the same way we look after our physical health every day, we should look after our mental health and wellbeing by taking time to do the things we enjoy every day.

Think of some activities that you enjoy. This can be anything at all whether it is a hobby, an activity or a task. Remember to review these regularly and take some time to try some new Daily Wellbeing Tools.

Use the template to write down your personal daily wellbeing tools and try to remember to do them every day.

My Daily Wellbeing Tools

1.	
2.	
3.	
4.	
5.	

If you need some inspiration...

- Exercise
- Baking or cooking
- Walking
- Create a daily 'to do' list
- Learn a new skill
- Gardening
- Colouring or craft
- Yoga
- Have a 'clear out'
- Look through old photos
- Start a journal
- Spend time outdoors
- Read a book or magazine
- Mindfulness
- Phone or visit friends or family
- Make a 'feel good' playlist