

7 ways to support your mental wellbeing



Each day:

1. **Help another person in a tangible way.**
2. **Tell someone what you appreciate about their character.**
3. **Say a specific thank you to someone.**
4. **Do a task that you don't like doing.**
5. **Spend some time outside.**
6. **Notice something in nature that you have not looked closely at before.**
7. **Make a note about something positive in your own character.**