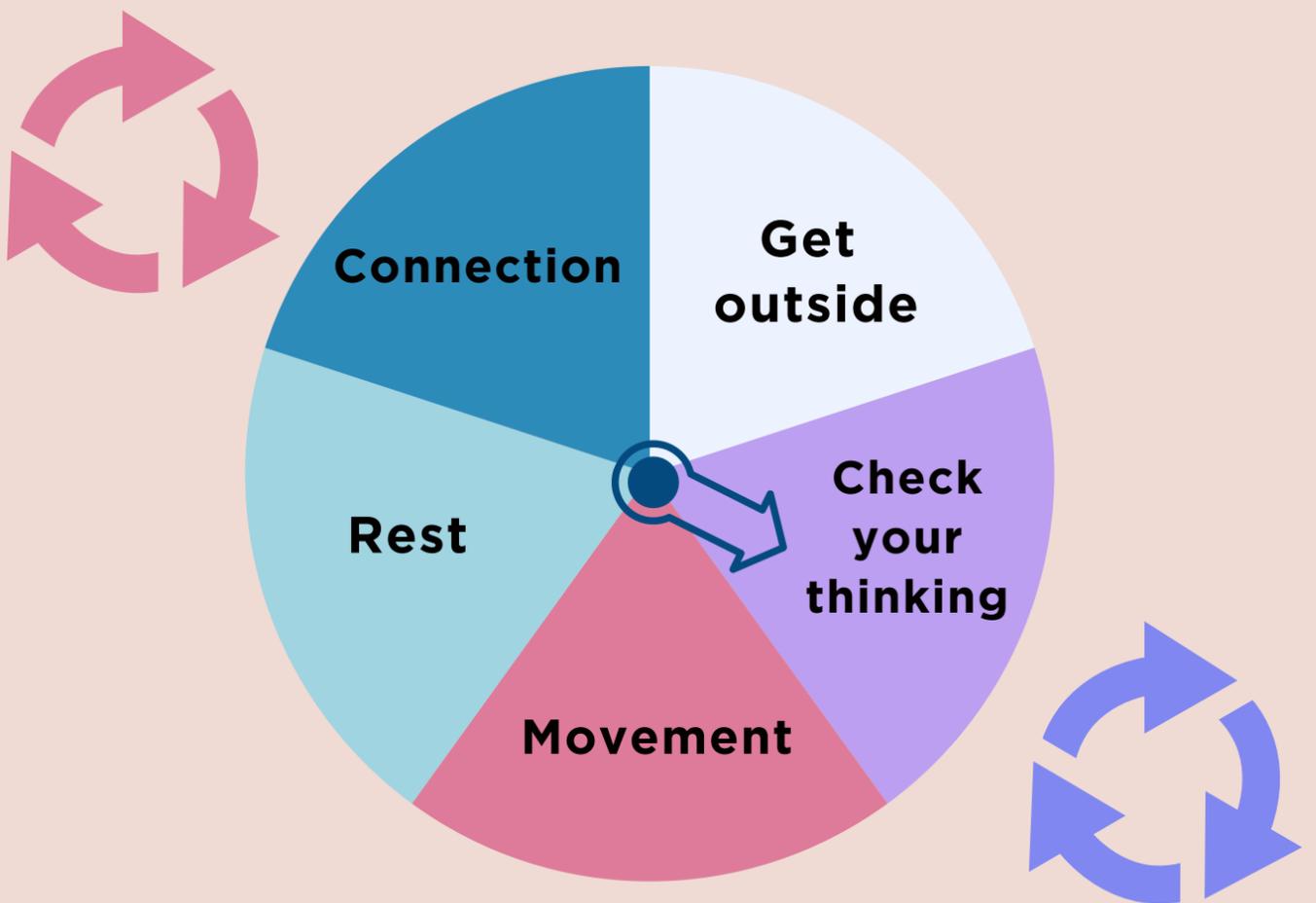


THIS WAY UP'S

WELLBEING WHEEL

Take a look at our mental wellbeing wheel for ideas about small daily actions that can keep your mind in a balanced place.



CHECK YOUR THINKING

- Q: What would I say to a friend if they were thinking this way?
- Q: How likely is it that this worry will come true?
- Q: How have I coped with similar challenges in the past?
- Q: Are there other, more realistic ways to think about this situation?
- Q: How helpful is this thought? Can I ask for support or do an activity to disengage from the negative thinking instead?

CONNECTION



- Arrange a time to see a friend
- Send a text to a loved one
- Join a new community group (e.g., support group, sport)
- Volunteer your time for charity

GET OUTSIDE

- Start your day with a brief walk around the block to get a dose of sunlight
- Eat your lunch outdoors in nature
- Visit a new park in your area
- Tend to houseplants if you have a balcony or garden
- Visit a local community garden
- Spend time by the ocean



MOVEMENT



- Start your morning with 5 minutes of stretching or a short walk
- Dance to your favourite song
- Walk or run around your local park
- Try a gym class or visit your local pool with a friend
- Do a short yoga class on YouTube

REST

- Create a wind-down routine 30 mins before bedtime to prepare your body for sleep (e.g., warm shower, reading)
- Prioritise regular breaks during work and/or study
- Practice slow breathing for a few minutes each day

