



# ENCOURAGING A HEALTHY FRAME OF MIND

Let's be proactive. Helpful tips to give you a mental boost.

Your wellbeing is important, so is your family and friends. Checking on a loved one can boost your energy and spirits.

Be present in the moment (mindfulness). Take a breath. You choose how to spend your time, even if it is only for 2 minutes of the day.

Take a walk in nature or take your shoes off and intentionally feel the grass under your feet.

Zoom calls can feel as good as face to face if you can't be somewhere physically. Arrange a zoom call with a friend who lives away, a colleague who isn't in your location or a family member overseas.

Write down your heavy thoughts in a journal. Your feelings being lifted off your chest can make you feel physically lighter.

Reading can be therapeutic. What kinds of stories motivate you?

Move your body, exercise is important. Go for a run, a walk, or even dance around the house to your favourite tunes. Find something that works for you.

Deal with stress. If you need, make an appointment with a trained professional in mental health. It's ok to speak up.

