

**BE KIND
TO YOUR
MIND**

Looking after yourself

It's very important to look after our mental health.

This booklet will give you lots of ideas on how to keep busy and take care of your mind.



Things to do...

- Go for a walk
- Listen to your favourite song
- Read a book
- Bake a cake
- Learn something new
- Start a journal
- Speak to your family/friends
- Exercise
- Make your favourite drink
- Write a nice letter to yourself
- Watch a good film

Go for a walk

What did you see?

What did you hear?

Draw something that you saw on your walk

Listen to your Favourite Song

What is your favourite song?

Who sings it?

Write some of the lyrics

Read a Book

Title

Author

What's it about?

Draw your favourite character

Bake a Cake

What cake did you bake?

Ingredients

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A picture
of my
cake

How did it taste?

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Learn Something New

What did I learn?

A photo of me and
what I learnt

Start a Journal

You could include:

- Date
- How you're feeling
- What you did today
- Pictures/drawings
- Something that made you smile
- What the weather's like

Speak to Your

Family/Friends

Ask them these questions to get to know them better...

What's your favourite colour?

How old are you?

What's your full name?

What colour are your eyes?

Do you have any pets?

If so, what are their names?

What's your favourite band?

What are you good at?

What are you scared of?

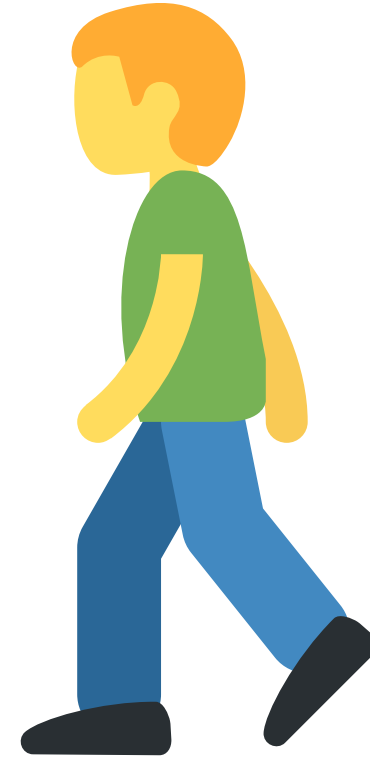
What are your hobbies?

Exercise

You could:



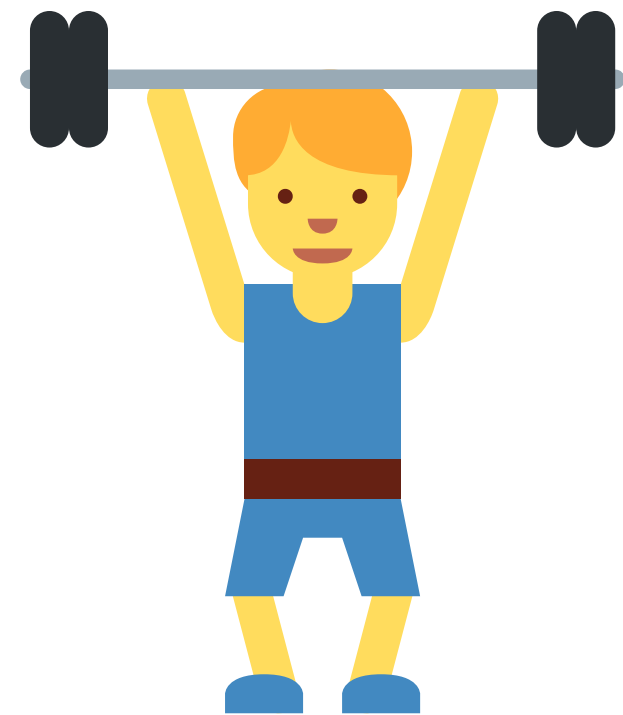
Do yoga



Go for a walk



Go for a run



Workout at home



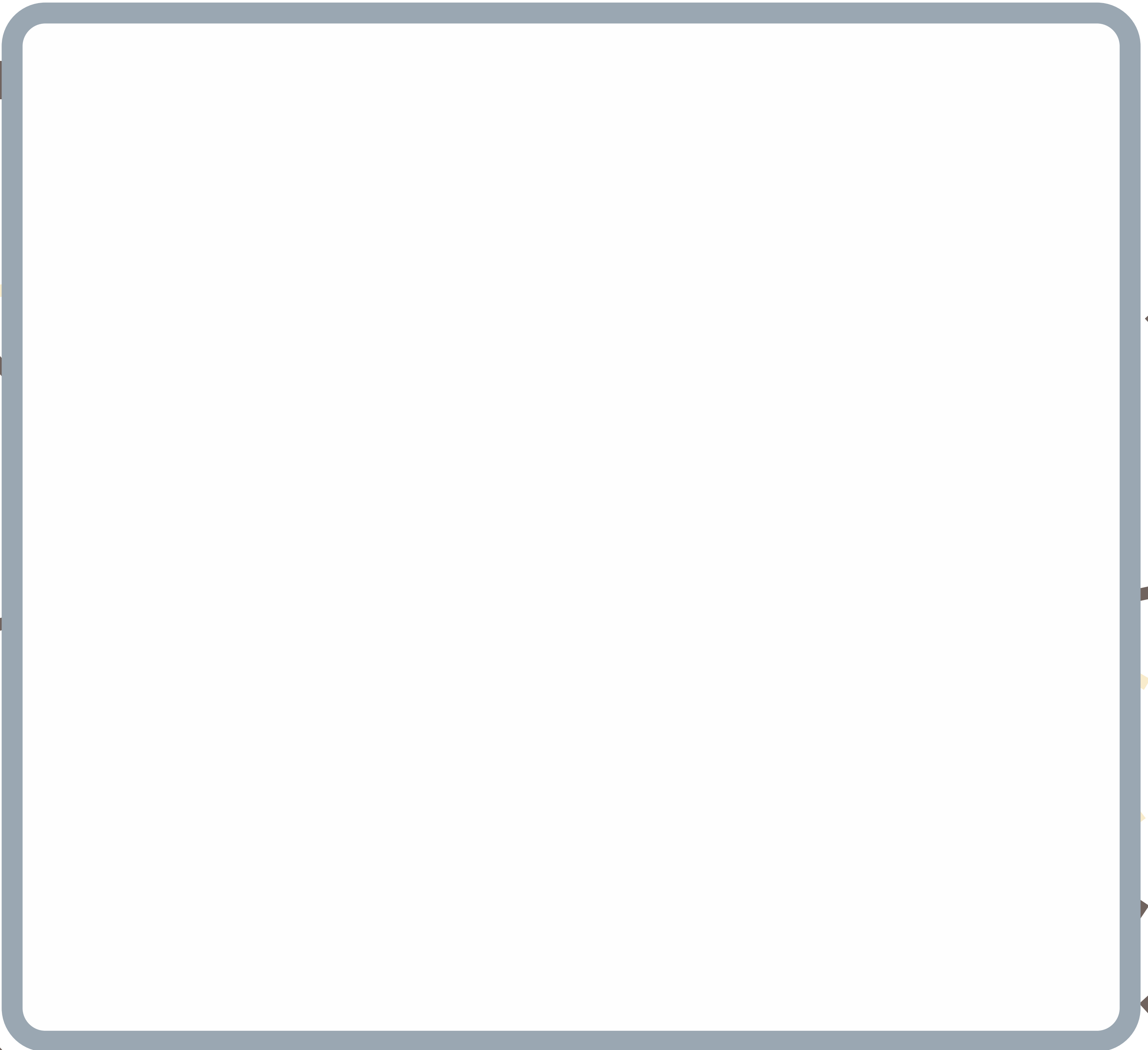
Go for a bike ride

Make Your Favourite Drink

What is your favourite drink?

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How did you make it?



Write a Nice Letter to Yourself

To

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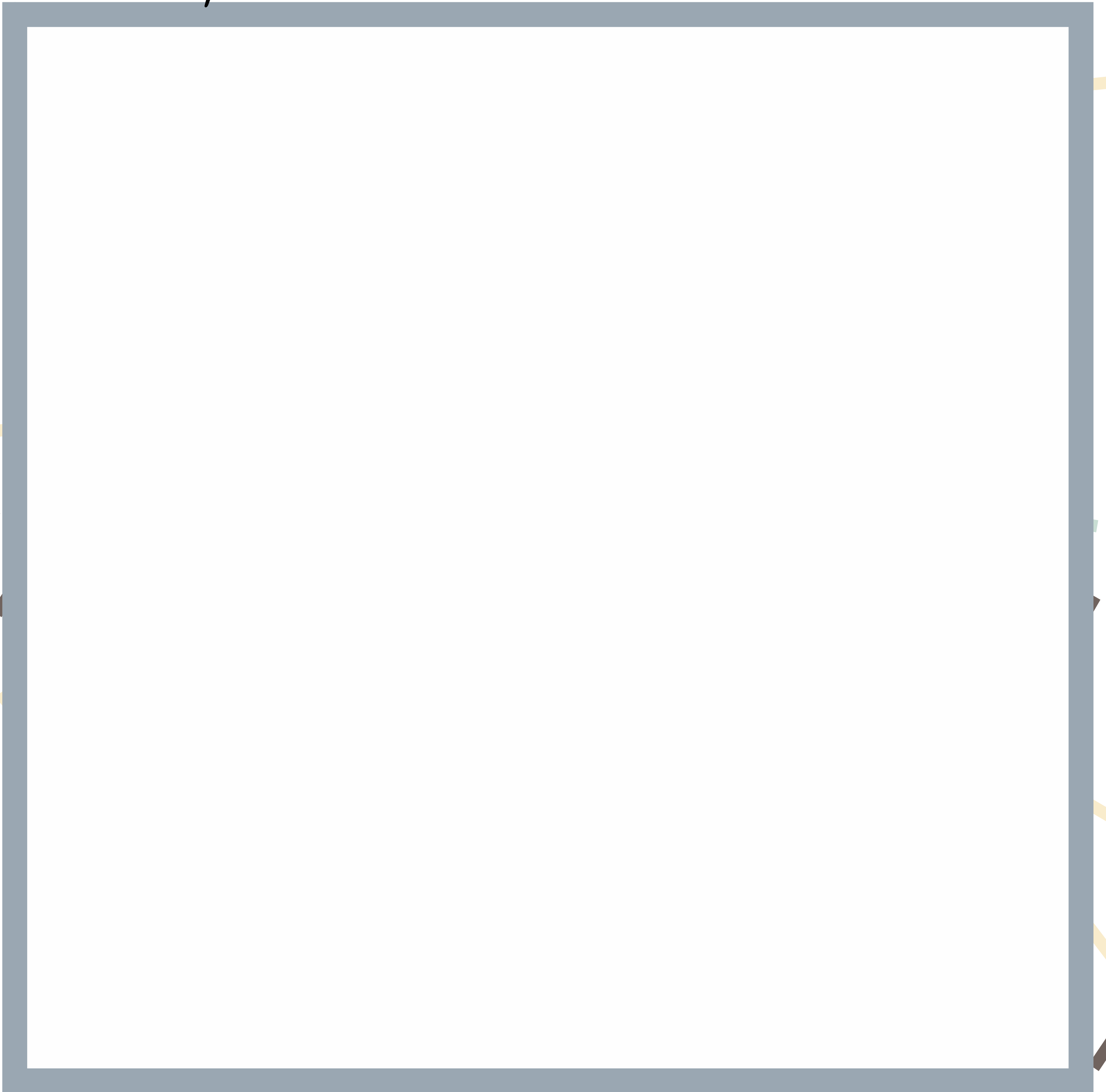
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From

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Watch a Good Film

Draw your favourite scene from the film



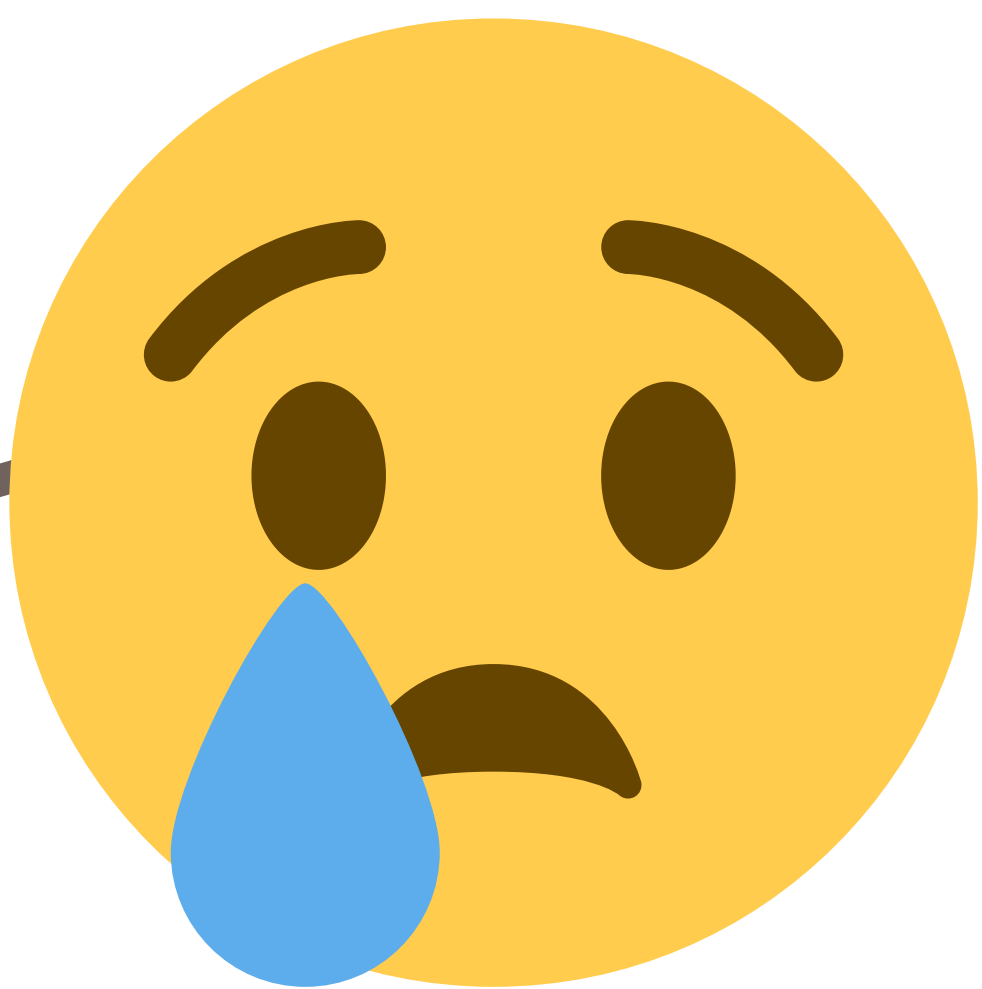
How are you feeling?



Keep doing
what you're
doing!



Try something
from the list
to help you
feel better



Try writing down
your feelings or
speaking to
family/friends



Take some deep
breaths and when
you're ready, speak
to someone you
trust