

# GROUND YOURSELF. 5-4-3-2-1

5 THINGS YOU CAN SEE.

4 THINGS YOU CAN TOUCH.

3 THINGS YOU CAN HEAR.

2 THINGS YOU CAN SMELL.

1 THING YOU CAN TASTE.



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# FIND MINDFULNESS IN EVERY DAY.

EAT A PIECE OF CHOCOLATE SLOWLY.  
NOTICE THE COLOR OF THE  
WRAPPING, WHERE IT WAS MADE.  
HOLD IT IN YOUR PALM. POP IT INTO  
YOUR MOUTH. LET IT SLOWLY MELT.  
WHAT IS THE TEXTURE? TASTE?  
WHERE DO YOU TASTE IT? DID YOU  
ENJOY IT?



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# AIM FOR MOVEMENT.

IT'S REALLY HARD TO CHANGE OUR MINDSET. BUT MOVING YOUR BODY? THAT'S A BIT EASIER.

WHEN YOU'RE FEELING LOW, OR FRUSTRATED, AIM FOR MOVEMENT INSTEAD. TRY TAKING A WALK OUTSIDE, STRETCH, PUT ON YOUR FAVOURITE SONG AND DANCE IT OUT FOR 30 SECONDS. WHEN IN DOUBT, SHAKE IT OUT.



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# BUILD JOY INTO YOUR DAY.

SOME DAYS YOU WAKE UP AND YOU CAN'T WAIT TO CRAWL BACK INTO BED. IF YOU'RE FINDING IT HARD TO GET THROUGH A DAY, BUILD SOMETHING JOYFUL INTO YOUR DAY TO LOOK FORWARD TO. SEEING A FRIEND'S PET, GRABBING AN ICED COFFEE, MAKING TIME FOR YOUR FAVOURITE MOVIE, SPENDING YOUR LUNCH BREAK AT THE RIVER, YOU GET THE IDEA!



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# FACT OR FICTION?

WHEN YOUR MIND IS STUCK IN A LOOP, OR YOU'RE DEALING WITH DISTRACTING THOUGHTS, ASK YOURSELF WHAT EVIDENCE DO I HAVE TO SUPPORT THIS THOUGHT?

IS THIS A STORY I'M TELLING MYSELF, OR DO I HAVE LEGITIMATE FACTS TO BACK UP WHAT I'M THINKING? MOST OFTEN, WE ARE CAUGHT UP IN OUR OWN FICTITIOUS STORIES.



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# HELP SOMEONE ELSE.

ONE OF THE SIMPLEST AND MOST REWARDING WAYS TO DISTRACT YOURSELF FROM YOUR OWN WORRIES, IS TO FOCUS ON SOMEONE ELSE. SIGN UP FOR A SHIFT AT YOUR LOCAL DOG RESCUE, DROP OFF A MEAL OR A COFFEE FOR A FRIEND, DROP A LOVED ONE A VOICE NOTE JUST TO LET THEM KNOW YOU'RE THINKING OF THEM. IT HELPS YOU OUT OF YOUR FUNK, AND YOU WILL MAKE SOMEONE'S DAY!



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# SMALL WINS.



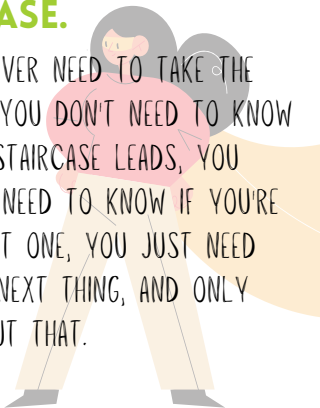
IF YOU'RE FEELING  
OVERWHELMED AND NOT SURE  
WHERE TO START, START WITH  
A SMALL WIN, AND CELEBRATE  
YOUR ACCOMPLISHMENT!  
DOING A LOAD OF LAUNDRY,  
MAKING YOUR BED, MAKING A  
HOME COOKED MEAL (GRILLED  
CHEESE COUNTS), ARE ALL  
EXAMPLES OF SMALL WINS.



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**YOU ONLY NEED  
ENOUGH COURAGE  
FOR THE NEXT STEP,  
NOT THE WHOLE  
STAIRCASE.**

YOU ONLY EVER NEED TO TAKE THE  
NEXT STEP. YOU DON'T NEED TO KNOW  
WHERE THE STAIRCASE LEADS, YOU  
DON'T EVEN NEED TO KNOW IF YOU'RE  
ON THE RIGHT ONE, YOU JUST NEED  
TO DO THE NEXT THING, AND ONLY  
WORRY ABOUT THAT.



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# BE IN THE NOW.

WE OFTEN EXPERIENCE MENTAL DISTRESS WHEN WE'RE FOCUSED ON THE PAST, OR STRESSING ABOUT THE FUTURE. BRING YOURSELF BACK TO THE PRESENT MOMENT, AND PRACTICE BEING FULLY IN THE MOMENT YOU'RE IN, EVEN IF IT'S A HARD ONE.



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# EVERY EMOTION IS TEMPORARY.

JOY, DISTRESS, ANXIETY, ARE ALL  
FLEETING. THEY'RE HERE, AND THEN  
THEY'RE GONE. REMIND YOURSELF THAT  
EVERY EMOTION IS TEMPORARY, AND  
EVERY EMOTION WILL PASS. EVEN THE  
HARD ONES.



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# MAKE YOUR OWN MENTAL HEALTH KIT.

MAKE A KIT OF EVERYTHING YOU MAY NEED WHEN YOU'RE HAVING A BAD MENTAL HEALTH DAY. SOME IDEAS INCLUDE SUPPORT CONTACT INFORMATION, YOUR DOCTOR'S CARD, A LIST OF WELLNESS RESOURCES IN YOUR COMMUNITY, CANDLES, SNACKS, A BLANKET, NOTES FROM LOVED ONES, PHOTOS, WORDS OF AFFIRMATION.



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# CHALLENGE YOURSELF.

CHALLENGE YOURSELF TO SOMETHING NEW. A NEW CLASS, A NEW SKILL YOU LEARN ON YOU TUBE, TALKING TO SOMEONE NEW, GOING OUT OF YOUR COMFORT ZONE. WHEN WE CHALLENGE OURSELVES, WE BUILD OUR CONFIDENCE IN OUR ABILITY TO TRY NEW THINGS. SUCCESS IS HAVING THE COURAGE TO TRY.



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