






Ways to invest in your mental health



- Have a clear out 
- Take on a new project
- Write a poem
- Read a book 
- Do a jigsaw
- Practise yoga
- Go for a walk
- Start a new TV show
- Try mindfulness 
- Exercise
- Have a movie night
- Do something creative
- Listen to music 
- Have a bath
- Journal how you feel
- Do some baking 
- Talk to an old friend
- Learn a new skill
- Play a boardgame
- Talk to family
- Start a bucket list
- Start a gratitude journal 