

7 MENTAL HEALTH

ACTIVITIES TO TRY OUT DURING YOUR WEEK



MONDAY

Spend some time during your week writing down negative thoughts. This can be a really simple tool to help you identify thinking errors and to start managing them more effectively

MY MENTAL HEALTH ACTIVITY SCHEDULE

TUESDAY

If you experience a worry try and postpone it to your worry time. Use worry time to solve any practical worries which you have experienced and to learn how to problem solve more effectively

WEDNESDAY

If you experience a worry and can't get it out of your mind why not try and stay present with what it is you were doing before the worry popped up. Use all of your senses to stay in the present moment and to really engage with a task

THURSDAY

Challenge those negative thoughts. Ask yourself the following questions: are they fact or opinion? What is the evidence for or against thoughts? How can I develop a more realistic thought?

FRIDAY

Self care is really important. Why not try engaging in some deep breathing, ratio breathing or progressive muscle relaxation. They are really useful for reducing psychological and physiological arousal

SATURDAY

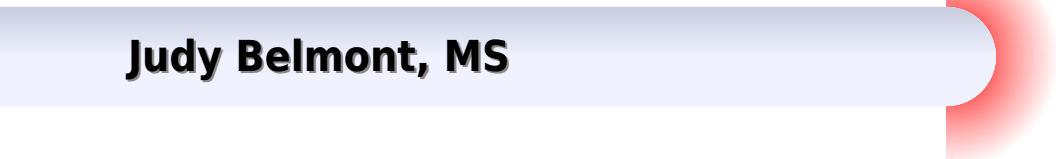
Within your week it is important that you schedule in activities that give you a sense of achievement, pleasure and satisfaction. Schedule some fun activities for the upcoming week

SUNDAY

Connect with some colleagues, friends or family members. Focus on building a positive mental health support network

Mental Health Ideas

Judy Belmont, MS



Mental Health Ideas:

60-second CPD: 239 ideas for busy teachers Hanna Beech, Ross Morrison McGill, 2020-07-17 Teaching is tough yet its rewards are huge Every teacher wants to carry on getting better and better at what they do but when you have so much on your plate already and only so many hours in the day how can you find time for professional development That s where 60 Second CPD comes in This book is a compendium of 239 easily accessible ideas and theories for professional development each digestible in roughly 60 seconds It s a book that every teacher and leader in every primary and secondary school can return to again and again as the year moves on and their career progresses Hanna Beech and Ross Morrison McGill have distilled the million and one ideas out there into one practical concise and inspiration packed book designed to build knowledge provide opportunities for deep thought and reflection and facilitate the sharing of ideas among colleagues and teams

1000 Ideas Sam Raven, 2025-07-04 Mental health isn t just about surviving it s about finding ways to thrive one small shift at a time 1000 Ideas For Better Mental Health is your everyday guide to emotional balance resilience and inner peace Whether you re looking to build healthy habits manage stress boost your mood or simply feel a little more grounded this book offers bite sized inspiration for every kind of day From mindfulness practices and self care rituals to creative outlets boundary setting and science backed coping tools each idea is designed to be practical compassionate and doable no matter where you re starting from Flip through when you need a boost a break or a gentle reminder that you re not alone **5**

Ideas from Global Diplomacy Marvin Cheung, 2024-08-12 Why are we stuck here and how do we move forward Amidst escalating global crises and growing climate anxiety 5 Ideas from Global Diplomacy offers actionable recommendations to aspiring changemakers to close the compliance gap between political commitment and action and advance the 2030 Sustainable Development Goals The book journeys beyond sustainability which is typically associated with climate action and towards sustainable development which includes a critical peace component Cheung uncovers processes for global change behind the complex global governance landscape through a novel approach known as Transdisciplinary Systems Research His wit and candor as he navigates the realities of sustainable development make the book a compelling read for a wide audience 5 Ideas from Global Diplomacy is an open access preprint well grounded in the events of our time It is a must read for anyone interested in shaping the future of global governance sustainable development and our health **Humanities**

Unbound A journey of ideas and perspectives , Dr Shravan Kumar, Jageshwar Ray & Ashutosh Sharma, Humanities Unbound A Journey of Ideas and Perspectives is a thought provoking and insightful book that takes readers on a captivating journey through a collection of diverse and multidisciplinary chapters that delves into various facets of human society and culture psychology literature economics the environment and more This book is a testament to the boundless nature of the humanities where ideas and perspectives converge to explore the complexities of human experience Each chapter explores a distinct topic and provides unique insights into critical issues Readers are taken on a multidimensional journey that

challenges their preconceived notions and expands their understanding to reflect on the world we inhabit and the ideas that shape our existence 127 More Amazing Tips and Tools for the Therapeutic Toolbox Judy Belmont, MS, 2013-09-01 127 More Amazing Tips and Tools for the Therapeutic Toolbox is Judy Belmont's third Tips and Tools book in PESI's bestselling series that has offered thousands of clinicians practical hands on strategies to help clients reach therapeutic goals Judy Belmont's newest Tips and Tools addresses today's evolving needs using techniques from CBT DBT and positive psychology to help their clients and their practice All reproducible worksheets and handouts will quickly become a clinician's best friend Something for everyone and packaged in a creative and enjoyable way 127 TIPS delivers a wealth of ideas skills and exercises to apply and customize to a vast array of clinical issues and situations Speaking to eclectic and integrative therapists who comprise the majority of working practitioners Judith Belmont taps in demand and evidence based treatments for their most practical interventions and teachings Filled with psychoeducation handouts and worksheets for clients active therapists will find TIPS to be a frequent and effective resource Lane Pederson Psy D LP DBTC author of The Expanded Dialectical Behavior Therapy Skills Training Manual and DBT Skills Training for Integrated Dual Disorder Treatment Settings

365 Social Media Post Ideas Jane Spooner, 2023-05-05 Struggling to come up with fresh social media content Tired of staring at a blank screen wondering what to post As an artist or creative it can be challenging to create engaging social media content that resonates with your audience But don't worry we've got you covered Provides 365 social media post ideas specifically tailored for artists and creatives Includes a variety of tips and strategies for social media content creation including photography captions storytelling video and audio content Offers guidance on developing a social media strategy and creating a consistent brand image Provides a social media post planner and tips for maximising productivity Includes a list of 200 popular hashtags for artists and creatives and tips for creating your own Provides bonus resources including websites tools and communities for artists and creatives If you're an artist or creative looking to take your social media game to the next level 365 Social Media Post Ideas is the ultimate resource for you With this book you'll gain inspiration and guidance to create compelling social media content that resonates with your audience and builds your brand From visual storytelling to content planning this book covers it all Plus you'll receive bonus resources to help you succeed in your social media journey Don't miss out on this must have resource for artists and creatives Get your copy of 365 Social Media Post Ideas today and start creating content that showcases your unique artistic vision and connects with your audience The

Oxford Handbook of Phenomenological Psychopathology Giovanni Stanghellini, Matthew Broome, Anthony Vincent Fernandez, René Rosfort, Andrea Raballo, Paolo Fusar-Poli, 2019-07-04 The field of phenomenological psychopathology PP is concerned with exploring and describing the individual experience of those suffering from mental disorders Whilst there is often an understandable emphasis within psychiatry on diagnosis and treatment the subjective experience of the individual is frequently overlooked Yet a patient's own account of how their illness affects their thoughts values consciousness and sense

of self can provide important insights into their condition insights that can complement the more empirical findings from studies of brain function or behaviour The Oxford Handbook of Phenomenological Psychopathology is the first ever comprehensive review of the field It considers the history of PP its methodology key concepts and includes a section exploring individual experiences within schizophrenia depression borderline personality disorder OCD and phobia In addition it includes chapters on some of the leading figures throughout the history of this field Bringing together chapters from a global team of leading academics researchers and practitioners the book will be valuable for those within the fields of psychiatry clinical psychology and philosophy

International Friendship Day: Activities and Ideas for Nurturing

Meaningful Bonds linh nguyen, Discover a myriad of ways to commemorate International Friendship Day with this insightful guide filled with activities and ideas for celebrating the beautiful bonds of friendship From planning a fun filled friendship themed party to organizing a heartfelt exchange of thoughtful gifts this book is a treasure trove of inspiration for fostering and cherishing the relationships that mean the most to you Explore the art of crafting handmade friendship bracelets or creating personalized photo collages to express your love and appreciation for your dearest friends Dive into the world of meaningful conversations with prompts and questions designed to deepen your bond with your friends and uncover new depths of intimacy and connection Embark on a journey of self discovery as you reflect on your own role as a friend and cultivate qualities such as empathy compassion and trust that are essential for nurturing strong and enduring friendships Whether you re celebrating with a close knit group of friends or organizing a community wide event this book provides a wealth of ideas for spreading positivity kindness and love on this special day dedicated to honoring the support and joy that friendships bring into our lives Embrace the spirit of unity and togetherness as you engage in shared experiences that build memories and strengthen the bonds that unite us all Celebrate the beauty of friendship with this essential guide that will inspire you to cultivate vibrant and dynamic relationships that enrich your life with love laughter and endless possibilities Make this International Friendship Day a truly memorable occasion by engaging in activities that bring you closer to your friends and reaffirm the value of companionship and camaraderie in a world that thrives on connections and shared experiences

Small Places, Close to Home: Ideas Annual featuring Projects led by or working with Refugees and Asylum Seeking Communities. ,

Key Ideas in Psychology Matt Jarvis, Julia Russell, 2002 Psychology has been shaped by a set of key ideas some of which are theories while others are more general topics or specific concepts This handbook reviews a selection of the most important ideas that span the major branches of the discipline

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