7 MENTAL HEALTH ACTIVITIES TO TRY OUT DURING YOUR WEEK BELIEVEPHQ

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

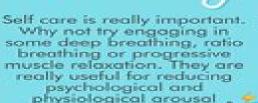
MY MENTAL HEALTH ACTIVITY SCHEDULE

TUESDAY

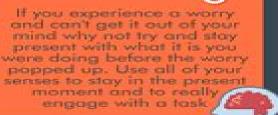


If you experience a worry try and postpone it to your worry time. Use worry time to solve any practical worries which you have experienced and to learn how to problem solve more effectively

FRIDAY



WEDNESDAY



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



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?

SUNDAY



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



Mental Health Ideas

Giovanni Stanghellini, Matthew Broome, Anthony Vincent Fernandez, René Rosfort, Andrea Raballo, Paolo Fusar-Poli



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