

# Small Steps

Mental health is all about how you are feeling, thinking, acting and how well you cope with day to day life. We **all** have mental health. Both your physical health and your mental health change throughout your life. Sometimes: **You feel great; you're doing OK; you can be a bit down** and, sometimes, **you're not OK.**

**IF** your mental health gets to the point where it's not OK and you can't stop feeling like that for no obvious reason. It's important to get some extra support.



Our wellbeing changes at different times due to different reasons. When we're struggling and perhaps feeling overwhelmed it's good to remember that maybe we can't make everything better overnight we can take **some small, positive steps**. If you're not sure have a look at the self-care section in the wellbeing toolkit for ideas.

I feel...



What could I do to move one step on the scale towards feeling better...?

Four horizontal green lines for writing answers.



You could try this for different feelings - anxiety, fear, overwhelmed, sad, .....

Feeling: \_\_\_\_\_

I feel...



What small steps could I take to feel better...?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Feeling: \_\_\_\_\_

I feel...



What small steps could I take to feel better...?

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\_\_\_\_\_

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