

Have a look at the 20 squares on your card; each square represents a way of looking after our mental health. They're all things we've all likely tried.

Meditation	Cleaning	Journaling	Exercising	Affirmations
Asking for help	Eating a balanced diet	Yoga	Reading	Allowing yourself to cry
Listening to music	Goal setting	Sleeping well	Celebrating small wins	Switching off social media
Smiling	Meeting a friend	Drinking plenty of water	Make a gratitude list	Watching a film