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# MENTAL HEALTH EXERCISES YOU CAN DO ANYWHERE

Engage all your senses with an activity that you are doing



Use problem solving to help you find solutions to a problem



When you experience negative thoughts identify thinking errors



Write down your thoughts and feelings in a diary



Write down 3 good things you have achieved today



Practice some mindfulness and try to be present with what you are doing



Challenge unhelpful thoughts using a diary



Deep breathing is great for reducing physiological and psychological arousal



Assess your emotions using a simple body scan technique and asking yourself "How am I feeling?"

