

# 10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS

## TALKING

By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support



## VALUES

Staying connected to your values and things that are important to you will help provide you with a sense of meaning

## THINKING ERRORS

Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles



## EXERCISE

Engaging in regular exercise can support you to feel better and less stressed



## MINDFULNESS

Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment



## PROBLEM SOLVE

Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing



## CHALLENGING THOUGHTS

Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts



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**S Ashworth**

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