

time to change

let's end mental health discrimination



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Make Time for Me

Just as there are ways to help look after your physical health, so there are ways you can help look after your mental health.

We're now going to try a very short resilience exercise...

Make Time for Me list

- Chatting with friends
- Being open with people I trust
- Playing sport
- Spending time out outdoors
- Mindfulness or meditation
- Listening to music
- Not checking my mobile for 30 minutes a day (!)
- Regular sleep patterns / nighttime routine
- Writing a list of the qualities I like about myself
- Rewarding myself for things I have done which were challenging
- Particular hobbies I enjoy
- Eating healthy
- Making time to see people I care about
- Helping others / contributing to causes I believe in
- Keeping a diary / writing down my feelings
- Creative expression – music, art, writing
- #100happydays – noticing the things I appreciate about my life