

## My Ways...

to Mental Wellbeing, Fill in each prompt with ideas on how you can apply the "ways" throughout the week.

**1** **THING I CAN LEARN**  
.....  
.....  
.....

**2** **WAYS I CAN TAKE NOTICE OF WHAT'S AROUND ME**  
.....  
.....  
.....

**3** **THINGS I CAN DO TO STAY ACTIVE**  
.....  
.....  
.....  
.....

**4** **NICE THINGS I CAN DO FOR OTHERS**  
.....  
.....  
.....  
.....

**5** **PEOPLE I CAN CONNECT WITH**  
.....  
.....  
.....  
.....