

10 mental health exercises you can do anywhere



1

Challenge unhelpful thoughts using a thought diary.



2

Focus on your body and ask yourself, "How do I feel?"



3

Write down your thoughts and feelings in a diary.



4

Write down three good things you have achieved today.



5

Engage all your senses with an activity that you are doing.



6

When you have negative thoughts, ask yourself what is wrong with those thoughts.



7

Use problem-solving to help find a solution.



8

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



9

Take some deep breaths to decrease stress in your body and mind.



10

Progressive muscle relaxation can help to reduce stress and anxiety.