

3 steps to better mental health

It's hard to feel good
if you don't have what you need
to feel good.





STEP ONE

Healthy routine

Do you have what you need to feel good?

Sleep

Nutrition

Exercise

Social Connection

Leisure

Meaningful Work / Activity

Significance / Achievement

Close Relationships

Having these in the right amount and of good quality helps you feel good. Consider including these in your weekly routine. ([Contact us for a template](#)).



STEP TWO

Managing worry

Worry has a positive function, alerting us to things that need attention, things that if ignored could result in negative consequences. It's positive when it keeps us safe and spurs us on to take action and solve problems. However, if worry is not heeded and responded to, stress and anxiety can result.

Managing worry by problem solving helps us focus on the present and do something proactive about our concerns.

- When you notice yourself worrying, ask yourself, "Am I worrying or problem solving?"
- Develop an action plan of helpful responses to what you are worried about and start actioning them. ([Contact us for a template](#))

Focusing on your action plan will help you feel a sense of control, progress and achievement.



STEP THREE

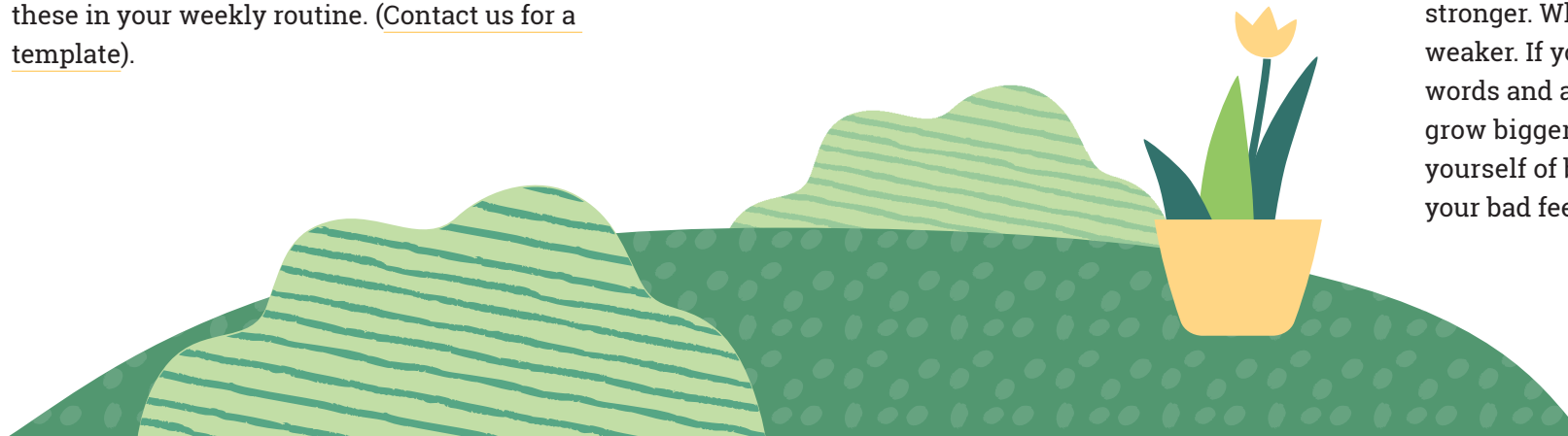
Positive input

There are many things you have no control over; however, you do have control over your thoughts, words and actions. If you think bad things, say bad things and do bad things, you are more likely to feel bad. If you think good things, say good things and do good things, you are more likely to feel good.

When you orientate yourself negatively towards yourself, others and life, it's bad in three ways. It's bad for others, bad for your relationships and bad for yourself.

When you orientate yourself positively towards yourself, others and life, it's good in three ways. It's good for others, good for your relationships and good for yourself.

What you feed grows and gets bigger and stronger. What you starve gets smaller and weaker. If you feed yourself good thoughts, words and actions, your good feelings will grow bigger and stronger. If you starve yourself of bad thoughts, words and actions, your bad feelings will get smaller and weaker.



Consider the following intention:

I will try to
reduce my negative thoughts,
words and actions
and increase my positive thoughts,
words and actions.

The goal is progress, not perfection.

To learn more about the three steps to better
mental health and how to apply
them in your life, consider attending a Feeling
Good individual programme or group workshop.

For more information, contact:

027 630 7512 (Bruce Telford)

029 351 4411 (Leah Brooks)

info@goodlivesinitiative.com

goodlivesinitiative.com

