

My positive steps: ideas and support...

The 10 positive steps for mental wellbeing

(Adapted from the Mental Health Foundation 'How to Look After your Mental Health' campaign 2007)

- | | |
|------------------------------|--------------------------|
| Keep Active | Eat well |
| Take a break | Accept who you are |
| Care for others | Drink sensibly |
| Keep in touch | Ask for help |
| Do something you are good at | Talk about your feelings |

My ideas and contacts...

Apps and support for wellbeing

Paths for All

www.pathsforall.org.uk/lets-walk

Active Fife

www.activefife.co.uk/

Couch to 5K

www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/

Drink Sensibility

www.count14.scot/

Eat Well

www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet

Clear Your Head

<https://clearyourhead.scot/>

Access Therapies

www.accesstherapiesfife.scot.nhs.uk/

Fife Moodcafe

www.moodcafe.co.uk/

Emotional Wellbeing for young people

www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-young-people/emotional-wellbeing

Health & Wellbeing for Young People

<https://young.scot/get-informed>

Headroom

www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit

Meditation (NHS Fife Psychology)

www.youtube.com/channel/UCH84VjFLtSV0CXas3a_nUrw

The Well

www.fifehealthandsocialcare.org/the-well 03451 551500

My positive steps...

My positive step	What I currently do	What I would like to do in the future	What I find difficult about this and the steps I will take to overcome any difficulty