

8 MENTAL HEALTH ACTIVITIES TO WORK ON MENTAL FITNESS WITH YOUR FAMILY



@BELIEVEPHQ

03



Each night before bed sit down with your family and identify 3 good things that you have all achieved each day. This is great way for boosting mood

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Work with your family to identify each of your strengths and how you can use them in the coming weeks

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Each morning when you wake up engage in some imagery. Close your eyes and as a family imagine yourselves being in a happy and relaxing place. A simple tool to help you relax

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Allocate some time every day where you can all talk about what you are thinking and how you are feeling

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As a family work together to effectively problem solve. Come up with all the solutions to a problem and put an action plan in place to overcome any worries you might have

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As a family schedule time into your week where you can all do things that provide you with a sense of pleasure and achievement

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Spend 5 - 10 minutes engaging in some slow and steady breathing. A great way to relax

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When engaging in tasks or activities encourage your family to try and use all their senses to be present with what they are doing

