

Exercise

WHAT ARE THE THINGS YOU FIND HELPFUL WHEN YOUR MENTAL HEALTH BECOMES DIFFICULT?

Working with your practitioner, complete the spider diagram below with some ideas about what to do if things do become hard. Think about hobbies, interests, how you relax, people who support you and practical things that give you a sense of achievement.

Practitioners should use this exercise as an opportunity to demonstrate and share mindfulness techniques, including some ideas for you to practice.

