

UNLEASH YOUR POTENTIAL



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Top Tips For Mental Health

www.unleashyourpotential.org.uk

MENTAL HEALTH MATTERS

WELLNESS PRACTICES

Everybody struggles with their mental health from time to time.

Here are our some of our top tips for maintaining good mental health in 4 top areas of of your life.

Feel free to print these out and share them with anybody you think would find them helpful.

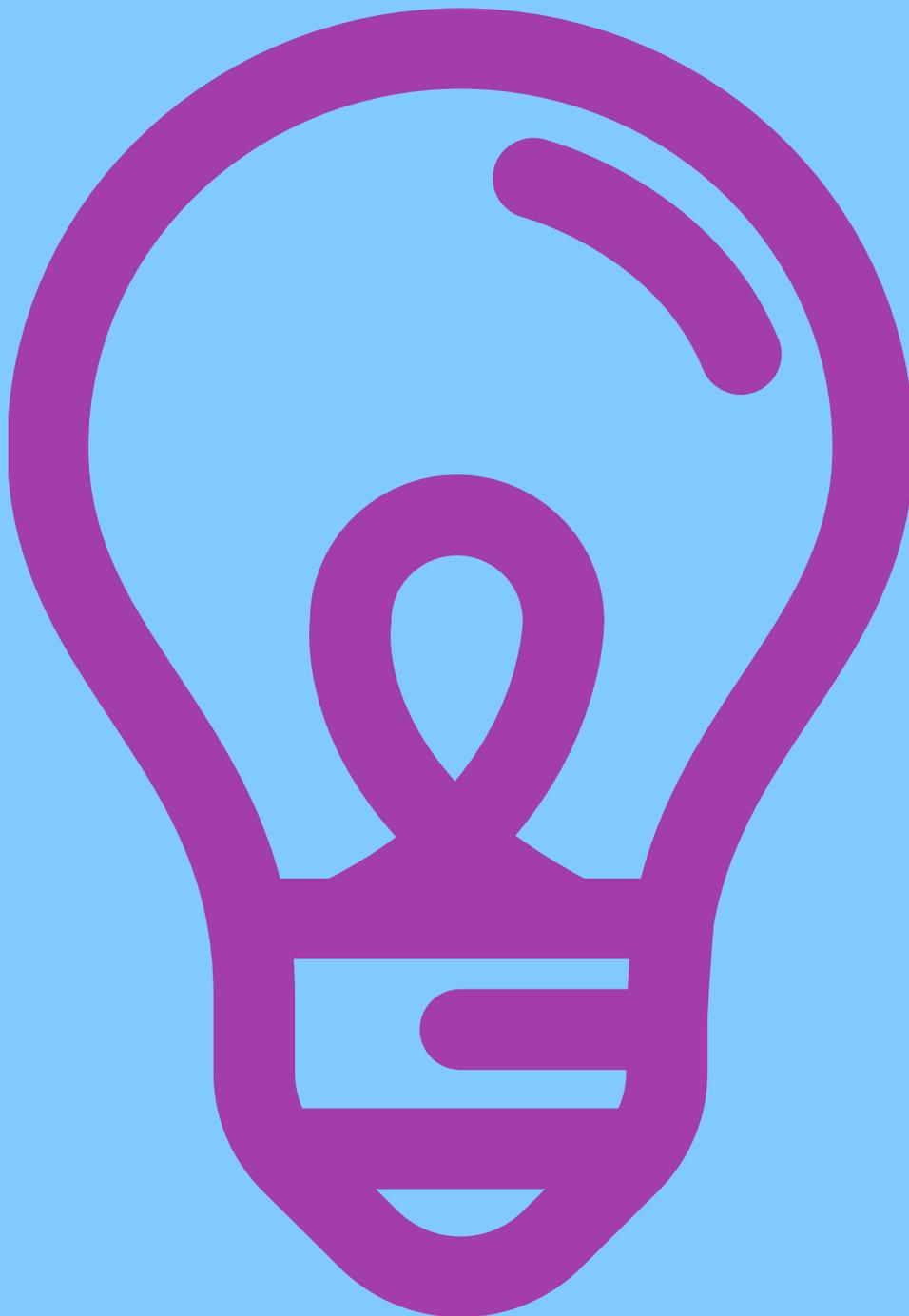
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SELF CARE

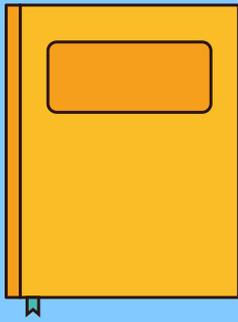
6 TOP TIPS



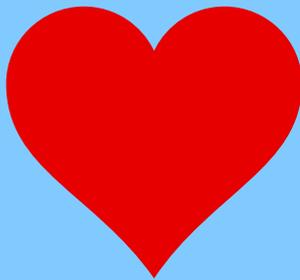
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Read your favourite
book or magazine.



Run a nice bubbly
bath and pamper
yourself.



Spend time
stroking, playing or
walking your pet.



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Get some exercise,
go for a walk,
breathe fresh air.



Create a home
cinema & watch
your favourite feel
good film.



Put the phone
down, ban screen
time & step away
from social media.

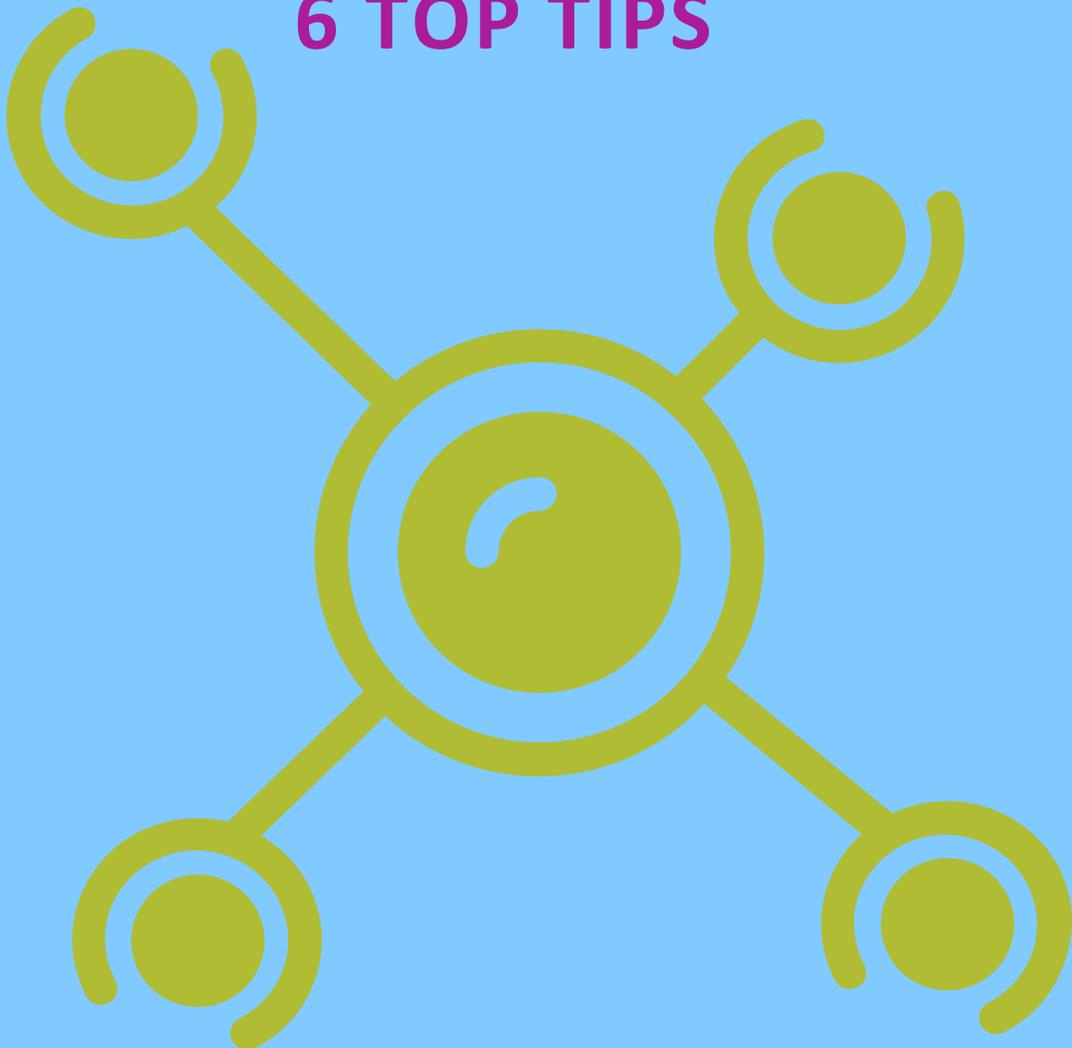


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CONNECTED ONLINE

FAMILY & FRIENDS

6 TOP TIPS



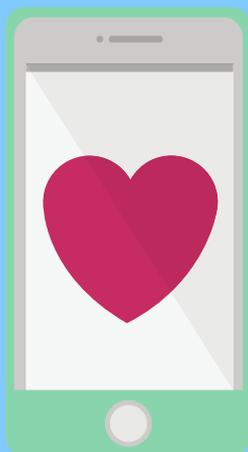
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Have a virtual cuppa & catch up with someone you know.



Send a positive or motivational text to someone who is struggling.



Arrange an online get together via Zoom with friends & family.



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Send someone you know a joke to cheer them up.



Call someone you haven't spoken with for a long time.



Organise a film night and watch a film with friends virtually.

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WORK

WORKING FROM HOME

6 TIPS





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Think of three colleagues who may benefit from a hello & call them.



Send a positive, uplifting email - saying something nice!



Arrange to have a video lunch with a colleague.



Arrange an online work social - team vs team quiz.



Lend your ear - call a colleague & ask how are they finding the change in routine.



Create a team video challenge - get everyone involved.



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COMMUNITY

SUPPORT LOCAL

6 TIPS



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Talk to your neighbour over the fence.



Become a street volunteer and help with shopping or prescription collection.



Create a street whatsapp group & stay connected.



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Use your skills or expertise to help the wider community.



Start an online support group for your local area.



Support the NHS by following government guidelines.



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Our NLP courses are great for self improvement, personal and professional development.

Online 90 min short courses - £29.99:

- Confidence Masterclass - building self confidence
- Stress, Anxiety & Pressure - Practical Techniques
- Present with Impact - lift your presentations
- Communication & Influence made Easy

Online Diploma courses (2 days). Immediate access, slides, manual & CPD certificate - £150:

- Diploma in NLP Coaching
- NLP Business Diploma

Certified NLP Practitioner Course (pre-course home study & 7 days live training).
ABNLP accredited.

For more details visit: www.unleashyourpotential.org.uk

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