



Your Wellbeing Skill Builder



1 IDENTIFYING THE BLUEPRINT AKA DOING A SELF-ASSESSMENT

- Which areas of your mental health do you feel need a little refresh?
- Self-assessment tools, such as journaling, meditation, and online therapy programs such as ours can help you create a blueprint for your renovation.



2 SETTING CLEAR GOALS AKA MAKING A PLAN

- Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.
- Consider goals related to stress reduction, improving communication in relationships or building a consistent sleep pattern.



3 SELECTING THE RIGHT TOOLS AKA USING COPING STRATEGIES

- Mindfulness and meditation: For increased self-awareness and stress reduction.
- Cognitive-Behavioural Therapy (CBT): For identifying and changing unhelpful thought patterns and associated actions.
- Support networks: For building strong connections and seeking help when needed.
- Physical activity: For boosting mood and reducing anxiety.



4 REMOVING WEAR AND TEAR AKA BREAKING UNHELPFUL PATTERNS

- Identify unhelpful behaviours and thought processes that no longer serve you, and start practicing healthier alternatives. Remember, change can involve trial and error. Sometimes you need to tear down old, harmful habits to make space for healthy ones to grow.



5 A STRONG FOUNDATION AKA RESILIENCE BUILDING

- Enhance your resilience through practices such as establishing a healthy routine, learning from setbacks, and developing problem-solving skills. Building resilience means you'll grow a strong foundation for your mental health renovation.



6 FRESH PAINT YOUR THOUGHTS AKA CHALLENGING UNHELPFUL THINKING

- Identify, challenge, and re-frame unhelpful thoughts with realistic, balanced ones. This is a very helpful skill that can take some practice to build up. Once you've got it, it will help with many different situations that life presents you.



7 REGULAR MAINTENANCE AKA MAKING TIME FOR SELF-CARE

- This can include relaxation exercises, healthy boundaries, making time for things that bring you joy, and consistent check-ins with your mental health.



8 INSPECTING FOR ISSUES AKA SEEKING PROFESSIONAL HELP

- Sometimes, issues hidden beneath the surface may require professional inspection. It's okay not to be okay. A good place to start can be your local doctor. It's never too early to seek support for your mental health and wellbeing.

