

# Daily Wellbeing Pack!

6 tips for wellbeing

Daily habit tracker



West Central London  mind

# 6 quick tips for mental wellbeing!

## Reach out for support

Chat with a friend or loved one or reach out for professional support when you need it.

## Eat well

Fuel your body and mind with regular meals, plenty of water, and a balanced diet.

## Stay connected

Spend time with others, join a group, or simply say hello to someone nearby.

## Move your body

Go for a walk, stretch, dance, anything that gets you moving and lifts your mood.

## Rest and reflect

Make space for calm moments. Try deep breathing, journaling or quiet time.

## Make time for joy

Do something you love like drawing, cooking, gardening, or listening to music.

# Daily habit tracker!

| Habit                                | M | T | W | T | F | S | S |
|--------------------------------------|---|---|---|---|---|---|---|
| Go for a 15 minute walk              | ✓ | ✗ | ✗ | ✓ | ✓ | ✓ | ✓ |
| Eat 3 nutritious meals               | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ | ✓ |
| Do 30 minutes of something you enjoy | ✗ | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ |
| Connect with a friend/ loved one     | ✓ | ✓ | ✗ | ✓ | ✓ | ✓ | ✓ |
| Journal/ reflect                     | ✗ | ✓ | ✓ | ✗ | ✓ | ✗ | ✗ |

# Daily habit tracker!

| Habit | M | T | W | T | F | S | S |
|-------|---|---|---|---|---|---|---|
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