

Wellbeing Action Tool

We understand that everyone is unique. That's why finding what works for you is the key to maintaining your mental wellbeing.

We created the wellbeing tool to empower you to identify and take action on the things that work in three easy steps:

1

Identify what works for your mental wellbeing.

2

Reflect on why those actions work for you.

3

Plan to do them regularly to strengthen your mental wellbeing.

Ready to set your PACE?

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Take action across these four areas to strengthen your mental wellbeing.

Pause



In a world that can feel overwhelming, sometimes taking moments to pause is essential. Take the time you need to rest and reflect. To practice self-care. To engage in positive self-talk.

Act



Taking action is about doing the things that help you feel good and thrive. This might come from caring for your body or taking positive steps towards a goal. These actions could be small, big, or somewhere in the middle.

Connect



Having a sense of connection can help you feel safe, grounded and valued. Think about how you invest in your relationship with others or with your community. With nature or spirituality. Or with something else.

Enjoy



Think about the things that you know help spark joy in your day, whether big or small. Embrace them by making time for them. Or try something new.

1 What works for you

You know yourself, your life and your strengths. Start with what already works. Think about what you do that makes you feel good and build from there.

Write down at least one action under Pause, Act, Connect and Enjoy that you do for your mental wellbeing.

Example: have a chilled-out day at home

Pause

Act

Connect

Enjoy

2 Why this works

Reflect on why those actions work for you. Reminding yourself how something makes you feel can help motivate you to do it.

Think about the last time you did each of these things. How did it help you? Link a motivating reason or memory to each.

Example: remember how good slowing down feels

3 Plan to do them

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It's the small things done regularly that really help. Plan how often you'd like to do these actions to enjoy the benefits.

Think about when and how often you'd like to do each of these things. Start with simple patterns to create a habit.

Example: once a week, likely on the weekend

Cheatsheet

These suggestions are backed by research, and a good place to get inspiration to add to the things that work for you.

1 What works for you - tips

Pause

Reflect on my week

Have a shower or bath

Meditate

Stretch

Journal

Practice self-compassion

Have a rest day

Speak to myself positively

Say no to something

Check my thinking is helpful

Challenge unhelpful thoughts

Make space for unpleasant feelings

Act

Eat a healthy meal

Dance at home

Drink enough water

Go to sleep early

Go for a walk

Celebrate an achievement

Clean my space

Cook a meal from scratch

Do some Yoga

Complete a small task

Wake at the same time each day

Take a break from alcohol

No access to a printer? No worries!

This simple tool can be used in many ways:

- ✓ type into the template and save to your computer
- ✓ to help you draw up your own Wellbeing Action Tool
- ✓ to prompt reminders to add to your diary / calendar

Connect

Go on a nature walk

Call family or a friend

Volunteer

Say hello to a neighbour

Spend time with pets

Do a kind act for someone

Join a community group

Spend time with friends

Do some gardening

Connect to country

Spend time with people who share my culture

Practice spirituality

Enjoy

Play word games

Watch a favourite show

Learn a new skill

Visit a gallery or museum

Do a puzzle

Learn an new hobby

Read a good book

Make a playlist

Read a good book

Watch sports

Learn about land and country

Join a class or course

2 Why this works - tips

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Here's a list of prompts that can help jog your memory and ignite the spark of motivation. Simply think about something you've listed that works for you, then complete one of these phrases:

Positive memories of taking this action

Remember when...

Remember how it sounds...

Remember how it feels...

Remember how it smells...

E.g. Remember how good it felt after the hike

How it impacts your actions

it is good for me because...

It makes me...

It feels good because...

It helps me to...

What personal effect it has

I am at my best when...

I get excited when...

I do this and it will...

I love it when...

3 Plan to do them - tips

When planning your actions, it's useful to think about realistic patterns or routines that will work for you. Try not to stress about definitive goals like 'every day' or being hard on yourself when you fall short. In the end the most important part is making a commitment to your mental wellbeing.