

MindWell

Talk kindly
to yourself

MindWell - the mental health
website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Notice your thoughts

What do you say to yourself when things go wrong? How would you talk to a friend in the same situation? **Be kinder in the way you talk to yourself today.**



At the end of the day, **remind yourself of three things you've enjoyed today.** Why did they make you feel good?

Tell yourself - out loud - how well you're doing:
"Great, you've done all that washing up!"
"Well done, you've sent that difficult email!"
"Fantastic, you've ridden a mile on your exercise bike!"

Be your own cheerleader today!

