Kinder to ourselves

MindWell x KINDER LEEDS x Anti Stigma Leeds

World Mental Health Day - 10 October

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.

Notice when you're feeling a little anxious. Take a moment to just breathe and shake out any tension you're feeling.

Take time for an activity you love. Whether that's planting some seeds, baking, reading a book or crafting. Really notice how it makes you feel.

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!"

Be your own cheerleader today.