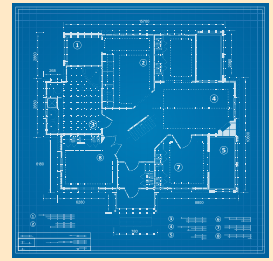


Give yourself a Mental Health Renovation



1 IDENTIFYING THE BLUEPRINT AKA DOING A SELF-ASSESSMENT

- Which areas of your mental health do you feel need improvement?
- 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, better relationships or a consistent sleep pattern.



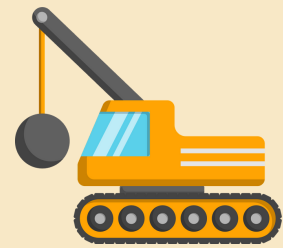
3 SELECTING THE RIGHT TOOLS AKA USING COPING STRATEGIES

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



4 DEMOLISHING OLD HABITS AKA BREAKING UNHELPFUL PATTERNS

- Identify self-sabotaging behaviours and thought processes and work on building healthier alternatives. Sometimes you need to tear down old, harmful habits to make space for healthy ones to grow.



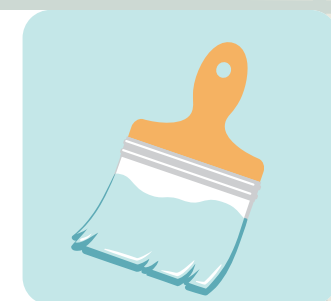
5 A STRONG FOUNDATION AKA RESILIENCE BUILDING

- Enhance your resilience through practices like maintaining a balanced mindset, 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

- Replacing unhelpful thoughts with realistic, balanced ones.
- Challenging and reframing negative thought patterns.



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 MOULD AKA SEEKING PROFESSIONAL HELP

- Sometimes, issues hidden beneath the surface may require professional inspection. Reach out to mental health professionals when needed. It's okay not to be okay. A good place to start can be your local GP.



THIS WAY UP ↑↑