



**Blackburn with Darwen**

# ADULT LEARNING

## Be Kind to Yourself This Mental Health Awareness Week

Cut out the cards below. Place them face down on a table.

Or you can simply tick them off as you do them.

Choose one card every day, reflect on it or complete the action!!

Let go of negative thoughts	Rest and go inwards	Watch a feel-good movie
Be thankful	Focus on what is important	Do a silly dance
Listen to an uplifting piece of music	Dress in bright colours	Eat a nourishing meal
Run yourself a scented bath	Make a list of 3 things to do when the lockdown is over	Plant some seeds (this could be a seed from something you have eaten, like peppers or tomatoes)
Write down 2 positive things about yourself	Visit 2 favourite places in your imagination	Think of something you would love to do that would challenge you in some way