

Keeping Your Spirits Up Task Sheet

This task sheet accompanies the 'Keeping Your Spirits Up' module for Week 7 of the Active Wait programme.

Once you have watched the Week 7 'Keeping Your Spirits Up' video, use this task sheet to help you list some of the things that might help give your wellbeing and your mood a boost. Research consistently shows that following the 5 Ways to Wellbeing (loosely listed below, plus 'other') can help to promote positive mental (and physical) wellbeing. Research also shows that writing down your thoughts and goals greatly increases the chances of achieving them.

Connect	Be Active	Learn Something New	Kindness	Pay Attention to the Moment	Other
<p>Use this space to write down activities you like or would like to do with people you like to, or would like to spend time with</p>	<p>Use this space to write down physical activities, sports or exercises that you enjoy or would like to try (be mindful of any discomfort you may feel, as well as time you have available)</p>	<p>Use this space to write down things you would like to learn, do for the first time, or pick up again</p>	<p>Use this space to write down things you could do to help, support or show kindness to others</p>	<p>Use this space to write down what things might help you pay attention to your own feelings/body or the environment around you (what you see, smell, hear, feel), or what might help you to relax. Identify times that you could use these techniques</p>	<p>Use this space to write down anything else that you think would give your mood and/or wellbeing a boost</p>