**What Keeps Me Well?**

We all have things we need to do in the day that keep us feeling like ourselves. When we are unwell it can be hard to find the motivation to do these things and sometimes it is difficult to enjoy the things we used to enjoy doing. By trying to do small amounts of things that help you feel more like yourself and building it up gradually, you can get back in touch with who you really are outside of your mental health difficulties.

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| **Activity that keeps me well** | **How often I do it** | **How often would it be helpful for me to do it?** |
| e.g. getting enough sleep, eating properly, socialising, hobbies | e.g. Rarely/everyday/every week | e.g. Every day/Once a week etc. |
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